

STANDARD INSTALLATION  
TOPIC EXCHANGE SERVICE



RELOCATION INFORMATION FOR

NAS Brunswick  
Maine

Information Date  
December 02, 2003

Visit the SITES Web Site at  
<http://www.dmdc.osd.mil/sites>

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## Installation

### Installation Overview

For more information on this subject:

Website for Naval Air Station, Brunswick, ME

<http://www.nasb.navy.mil>

**\*\*Naval Air Station Brunswick is a Critical Housing Area for E1-E6. Please refer to the Housing Section for important information.\*\***

The Naval Air Station in Brunswick, Maine, is located 26 miles northeast from Maine's largest city, Portland, and 31 miles south from the capital city of Augusta. Brunswick is the largest town of a tri-town area made up of Brunswick, Topsham, and Bath. The total population of the 3 towns is approximately 37,000. Brunswick is situated on the Androscoggin River which flows into Merrymeeting Bay and then into the Atlantic Ocean only a few miles away. The area provides most of the conveniences of living in the city yet retains its rural atmosphere. If you like the outdoors, you will love being stationed at Brunswick.

History--Constructed on land which from the 1700's has been used only for the purpose of growing blueberries, Naval Air Station, Brunswick, Maine, was commissioned on April 15, 1943. The primary purpose was to train Canadian and British Air Force pilots of the British Naval Command. This activity continued until the end of WWII. The base was deactivated in 1947 and reactivated in 1951 with the primary mission of anti-submarine warfare. On July 1, 1971, Commander Patrol Wings US Atlantic Fleet/Commander Patrol Wing Five established his headquarters at NAS Brunswick. Changes have occurred on the base since 1971 so that at present, three patrol squadrons flying the P3 Orion perform their duties here at the NAS. In addition, two reserve squadrons are also based at the Naval Air Station. The NAS also provides support for the ships at Bath, the Navy Security Group at Winter Harbor, the US Naval Survival School at Rangeley, and the Department of Naval Sciences at the Maine Maritime Academy at Castine, Maine.

<b>Name:</b> Quarterdeck
<b>Address:</b> Hgr 4
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2214
<b>FAX:</b> 207-921-2954
<b>DSN Phone:</b> 476-2214
<b>DSN FAX:</b> 476-2954
<b>Comments:</b> Brunswick is the home of Commander Patrol & Reconnaissance Wing 5 providing maritime surveillance, anti-submarine, and anti-surface warfare capabilities to the US Fleet

<b>Name:</b> Relocation Assistance
<b>POC:</b> Mary Hipkins
<b>Address:</b> Fleet and Family Support Center
400 Foxtrot Ave, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> <a href="mailto:hipkins@nasb.navy.mil">hipkins@nasb.navy.mil</a>

### Must Know Items

For more information on this subject:

Website for Naval Air Station, Brunswick, ME

<http://www.nasb.navy.mil>

**\*\*Naval Air Station Brunswick is a Critical Housing Area for E1-E6. Please refer to the Housing Section for important information.\*\***

**TRAVEL BY PLANE:** If you are traveling by plane, make flight arrangements to the Portland, Maine Jetport. Portland is approximately 26 miles from the Naval Air Station at Brunswick, ME. Your sponsor should meet you at the airport to bring you to Brunswick. If you **MUST** travel to Brunswick without your sponsor, call the Mid-Coast Limo at 1-800-937-2424 24 hours in advance to reserve a seat or any other limo service available in the Portland telephone book. Cost for Mid-Coast is \$25.00 per person one way from Portland to Brunswick.

**TRAVEL BY CAR:** Travel into Maine on Highway 95 from New Hampshire. Either stay on Highway 95 around Portland, Maine and pay a toll or take Highway 295 through Portland and marry up again with Highway 95 and avoid the toll. Drive North on Highway 95 to Exit 22 (Bath-Brunswick). Take that exit and stay on that same road which is Route 1.

Stay on Route 1 which curves left at a light and about a block down becomes a divided four lane highway. There is a Naval Air Station exit off of Route 1. Take that exit and stay in right lane. Turn right at the first light and get in the left lane. At the second light, get in left turn lane and enter the Naval Air Station.

**TRAVEL BY BUS:** If you are traveling by bus, you will probably come into Portland, either Concord Trailways or Greyhound. Have your sponsor pick you up at the bus terminal. If your sponsor can not pick you up, you need to know this in advance. Call Mid-Coast Limo service, 1-800-937-2424, and reserve seats at least 24 hours in advance. The cost is \$25.00 per person one way from Portland to Brunswick.

**ARRIVAL AND CHECK-IN REQUIREMENTS:** See Category RELOCATION SERVICES, Related Subject, PCS Reporting Procedures

**TEMPORARY QUARTERS INFORMATION:** See Category RELOCATION SERVICES, Related Subject, Billeting

**CHILD CARE INFORMATION:** See Category CHILD AND TEEN SERVICES, Related Subjects, Child Development Programs -On Installation and Child Development Programs -Community

**INFORMATION ON PETS:** See Category RELOCATION SERVICES, Related Subjects, Pet Boarding, Licensing, quarantines, Veterinary Services, and Pet Transportation

**IMPORTANT DOCUMENTS TO HANDCARRY:** Be sure that you carry all your personnel records, health records, shot records (especially for kids), and pet health records. You can not enter your child in Child Care or in school without shot records.

**COST OF LIVING:** See Category RELOCATION SERVICES, Related Subject, Financial Preparedness.

### Must Know Items

<b>--Installation--</b>	
Site Name	NAS Brunswick
Last Updated	December 02, 2003
State/Territory	Maine
County	Cumberland
ZIP Code	04011
Service	USN
Host Command	
Physical Size	
<b>--Personnel--</b>	
FSC/ACS Director	Kay-Frances Wardrope
Relocation Assistance Manager	
Relocation Assistance Specialist	Mary Hipkins
<b>--Phones--</b>	
DSN Country Code	
DSN Number	476-2273
Commercial Country Code	
Commercial Area Code	207-
Commercial Number	921-2273
FAX DSN Country Code	
FAX DSN Number	476-2617
FAX Commercial Country Code	
FAX Commercial Area Code	207-
FAX Commercial Number	921-2617
<b>--Official Mailing Address--</b>	
Street Line 1	Fleet & Family Support Center
Street Line 2	400 Foxtrot Ave, Naval Air Station
City	Brunswick
State/Territory	ME
ZIP Code	04011
<b>--Deliverable Address--</b>	
Street Line 1	
Street Line 2	
City	
State/Territory	
ZIP Code	
E-Mail	WardropeK@nasb.navy.mil

### Nearby Installations (Listed Separately in SITES)

There are no nearby installations within a 1 hour drive.

### Regulations

<b>Name:</b> Boat License
<b>POC:</b> Inland Fisheries and Wildlife Dept
<b>City:</b> Augusta, ME 04330
<b>Phone:</b> 207-287-5232
<b>WWW Link:</b> <a href="http://www.state.me.us/ifw/">http://www.state.me.us/ifw/</a>

<b>Name:</b> Driver's License
<b>POC:</b> Motor Vehicle Registry
<b>Address:</b> Route 196, Topsham Fair Mall
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-725-6520
<b>WWW Link:</b> <a href="http://www.maine.gov/portal/living/auto_transport/driver_license.html">http://www.maine.gov/portal/living/auto_transport/driver_license.html</a>
<b>Comments:</b> Active Duty and spouse may drive in Maine on updated out of state driver's license from home of residence.

<b>Name:</b> Fishing License
<b>POC:</b> Town Clerk's office or NEX
<b>Address:</b> town of residence
<b>WWW Link:</b> <a href="http://www.state.me.us/ifw/">http://www.state.me.us/ifw/</a>
<b>Comments:</b> Go to base legal office for non-residency paperwork then go to the NEX cashier's cage to purchase a license or town clerk's office

<b>Name:</b> Hunting License
<b>POC:</b> Town Clerk's office or NEX
<b>Address:</b> town of residency
<b>WWW Link:</b> <a href="http://www.state.me.us/ifw/">http://www.state.me.us/ifw/</a>
<b>Comments:</b> Go to base legal office for non-residency paperwork then go to the NEX cashier's cage to purchase license or town clerk's office

<b>Name:</b> Motor Vehicle Registry
<b>Address:</b> 49 Topsham Fair Mall Road Route 196, Topsham Fair Mall
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-725-6520
<b>FAX:</b> 207-725-1244
<b>WWW Link:</b> <a href="http://www.maine.gov/portal/living/auto_transport/index.html">http://www.maine.gov/portal/living/auto_transport/index.html</a>
<b>Comments:</b> You must register the car in Maine but will be exempt from the Excise Tax if you are active duty military and have the proper paperwork. Paperwork consists of a Notarized Affidavit of Non-Residency (from Navy Legal Service Office) and a military ID.

<b>Name:</b> Navy Exchange
<b>POC:</b> Cashier's Window
<b>Address:</b> Naval Air Station Brunswick
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2376
<b>DSN Phone:</b> 476-2376

<b>Name:</b> Pass and Decal
<b>Address:</b> Bldg 37 (front gate), NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2700
<b>DSN Phone:</b> 476-2700

### Commonly Referenced Numbers

The following is a list of commonly referenced numbers for organizations located at the Naval Air Station in Brunswick. The area code is (207) and the DSN is (476).



### Commonly Referenced Numbers

<i>Name</i>	<i>Commercial</i>	<i>DSN</i>
Barber Shop-Navy Exchange	207-921-2346	476-2346
Beauty Shop-Navy Exchange	207-921-2248	476-2248
Billeting-CBQ	207-921-2394	476-2394
Branch Clinic	207-921-2991	476-2991
Chaplain	207-921-2223/2231	476-2223
Child Development Center	207-921-2610	476-2610
Club-Niteflite (All Hands)	207-921-2121	476-2121
Combined Bachelor's Quarters (CBQ)	207-921-2394	476-2394
Commissary-Topsham Annex	207-921-2114/2990/2974	476-2114/2990/2974
Convenience Store-NASB	207-725-7121 or 207-921-2182	476-2182
Education Office	207-921-2320	476-2320
Exchange	207-921-2182 or 207-725-7121	476-2182
Family Advocacy Rep-FFSC	207-921-2411	476-2411
Fleet and Family Support Center (FFSC)	207-921-2273	476-2273
Housing Office	207-921-2510	476-2510
Legal Assistance	207-921-2355	476-2355
Legal Office (Judge Advocate)	207-921-2930/2331	476-2930
Morale, Welfare, Recreation (MWR)	207-921-2113	476-2113
Navy Federal Credit Union	207-921-2677	476-2677
Navy Lodge	207-921-2206 or 1-800-NAVY INN	476-2206
Navy/Marine Corps Relief Society	207-921-2679/2414	476-2414
Officer of the Day	207-921-2214	476-2214
Pass Office	207-921-2457	476-2457
Personnel Office (Human Resources Office)	207-921-2271/2818	476-2271
Pharmacy-Clinic	207-921-2957	476-2957
Precommissioning Units (PCU) in Bath	207-442-5064	-
Prescription Hotline	207-921-2989	476-2989
Quarterdeck NASB	207-921-2214	476-2214
Red Cross	207-729-6779	
Retired Activities Office (FFSC)	207-921-2609	476-2609
Security	207-921-2457	476-2457
Transportation Mgmt	207-921-2698	476-2698
Travel Office	207-921-2584	476-2584

### Major Unit Listing

For more information on this subject:  
 Official website for NAS Brunswick Maine  
<http://www.nasb.navy.mil>

The Naval Air Station is home to three P-3 squadrons, a reserve P-3 squadron, a reserve C-130 squadron, and various support units including an Army Recruiting Battalion.

### Major Unit Listing

<i>Unit</i>	<i>Command</i>	<i>Point of Contact</i>	<i>Commercial</i>	<i>DSN</i>	<i>Fax</i>
	Naval Air Station, Brunswick	Quarterdeck/Officer of the Day	207-921-2214	476-2214	2954
	Army Recruiting Battalion	S1	207-725-8636		207-798-4092
	Patrol Squadron 10	Duty Office	207-921-2110	476-2110	
	Patrol Squadron 26	Duty Office	207-921-2126	476-2126	
	Patrol Squadron 8	Duty Office	207-921-2108	476-2108	
	Patrol Squadron 92	Duty Office	207-921-2071	476-2071	
	VR-62	Duty Office	207-921-1455	476-1455	
	Aircraft Intermediate Maintenance Detachment	Duty Office	207-921-1131	476-1131	
	VPU-1	Duty Office	207-921-2312	476-2312	
	Marine Corps Reserve Training Center	First Sergeant	207-921-2195	476-2195	
	Naval Atlantic Meteorology & Oceanography Det	Admin	207-921-2624	476-2624	
	Naval Air Reserve		207-921-1514	476-1514	
	Branch Medical Clinic		207-921-2991	476-2991	
	Branch Dental Clinic		207-921-2530	476-2530	
	FASO		207-921-2651	476-2651	
	CMCB-27		207-921-2109	476-2109	
	Personnel Support Activity Detachment	Information Desk	207-921-2511	476-2511	
	Precommissioning Units (PCU) in Bath		207-442-5064		
	Commander Patrol & Reconnaissance Wing 5	Quarterdeck/Officer of the Day	207-921-2322	476-2322	2939

## Transportation

There is no on-base bus transportation. There is a shuttle bus service operated by the local towns between the three towns of Brunswick, Bath, and Topsham.

<b>Name:</b> 3/Town Connector Service
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-8371
<b>Comments:</b> The cost and schedule can be obtained by calling referenced number.

<b>Name:</b> Coastal Transportation, Inc
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-6207
<b>Comments:</b> Pre-scheduled transportation and guide available for minimal charge

<b>Name:</b> Manchester Airport
<b>Address:</b> One Airport Road
<b>City:</b> Manchester, NH 03103
<b>Phone:</b> (603) 624-6539
<b>FAX:</b> (603) 628-6038
<b>WWW Link:</b> <a href="http://www.flymanchester.com">http://www.flymanchester.com</a>
<b>Comments:</b> Manchester is a small airport in New Hampshire approximately 2 hours drive from Brunswick. For more information on directions, parking, arrivals/departures, and the facility, please refer to the website.

<b>Name:</b> Mid-Coast Limo
<b>Phone:</b> 1-800-937-2424
<b>Comments:</b> Daily van service to/from the Portland Jetport and bus terminal. Reservations are required 24 hours in advance. Call to find out the charges

<b>Name:</b> Portland International Jetport
<b>POC:</b> Jetport Manager
<b>Address:</b> 1001 Westbrook Street
<b>City:</b> Portland, ME 04102
<b>Phone:</b> (207) 772-0690
<b>FAX:</b> (207) 774-7740
<b>WWW Link:</b> <a href="http://www.portlandjetport.org">http://www.portlandjetport.org</a>
<b>Comments:</b> Please refer to the website for information on parking and directions, arrivals/departures, ground transportation, and employment.

## Commissary and Exchange Operations

The Navy Commissary is located on the Topsham Annex in Topsham, Maine about 5 miles from the Naval Air Station's main installation at Brunswick. The only transportation to Topsham is the 3/Town Connector which stops several blocks away from the annex. An automobile is really a necessity for shopping if you live in a housing area other than the Topsham housing area. The Exchange is located on the main installation at Brunswick.

<b>Name:</b> Convenience Store-Brunswick
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2182
<b>DSN Phone:</b> 476-2182
<b>Comments:</b> Hours vary each day. Open on Sundays and holidays. Located adjacent to the main NEX store.

<b>Name:</b> Dry Cleaner
<b>Address:</b> Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-9253
<b>Comments:</b> Closed on Sundays and holidays. Located just outside of the NEX.

<b>Name:</b> Navy Commissary
<b>Address:</b> Topsham Annex
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-921-2114/2990/2974
<b>DSN Phone:</b> 476-2114/2990/2974
<b>Comments:</b> Hours vary Monday through Saturday, closed Sundays and holidays. Note: the commissary is not located on the Naval Air Station in Brunswick. It is at the Naval Annex in the adjoining town of Topsham, about 5 minutes from the base.

<b>Name:</b> Navy Exchange
<b>Address:</b> Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2182/2449
<b>DSN Phone:</b> 476-2182
<b>Comments:</b> Hours vary each day. Open Sundays and holidays

<b>Name:</b> Subway
<b>Address:</b> Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> (207)721-9903
<b>Comments:</b> Located in the NEX building.

<b>Name:</b> Taco Bell/Fresh Grill
<b>Address:</b> Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Comments:</b> Located in the NEX building.

## Local Community

### Local Community Overview

For more information on this subject:

A good starting point for info on Brunswick

<http://www.curtislibrary.com>

The town of Brunswick was originally settled in 1628 along the falls of the Androscoggin River. It was incorporated in 1738 and named to honor the British House of Brunswick. As the home of Bowdoin

College (chartered in 1794) and the Naval Air Station, Brunswick has a diversity of population. Several National Historic Districts with grand sea captains' mansions serve as testaments to the Greek Revival and Federal styles of architecture. The grassy tree-lined mall links Bowdoin College with the downtown district. Industries include L.L. Bean, MBNA credit card company, fiberglass construction material, electrical switches, Mid-Coast health services, and several facilities of Bath Iron Works. Brunswick serves as a commercial center for surrounding communities and home to many who work in Augusta and Portland. With a population of approximately 37,000 (Brunswick, Bath, and Topsham), Brunswick provides a combination of the best of rural and urban Maine.

### Time Zone Chart

Local time zone..... : Eastern Standard

### Time Zone Chart

<i>Location</i>	<i>Adjustment for GMT</i>
Pacific	-8
Mountain	-7
Central	-6
Eastern	-5
Greenwich (United Kingdom)	0
Central European (Germany)	1
East Asia (Japan)	9

### Climate

The climate in the Brunswick area of Maine has pleasant warm summers and cold snowy winters. The average snowfall is 75" a year but it is not unusual to have as much as 140" of snow in a single year. Likewise, the average temperature in the summer may be 70 degrees but it is not totally unusual for a summer to be very hot with an average of 90+ degrees.

There is approximately 45" of rain a year but that can vary from year to year. The average temperature in the winter is 28 degrees. Temperatures, however, can be a chilling -10 degrees for several days.

The nicest thing about Maine weather is that there are 4 distinct seasons. All four have their good points but the fall is positively spectacular. The trees are the colors of the rainbow for several weeks during this part of the year and attract many visitors who come to see the beauty.

## Climate

<i>Month</i>	<i>High</i>	<i>Low</i>	<i>Humidity</i>	<i>Precipitation</i>
January	30	11	61	3.8
February	32	13	59	3.7
March	40	24	57	4.2
April	52	34	55	3.9
May	63	44	56	3.5
June	72	53	59	3.2
July	78	59	58	2.9
August	76	58	59	3.2
September	68	50	60	3.2
October	58	40	59	3.7
November	46	31	65	4.9
December	34	18	64	4.7

## Events Calendar

For more information on this subject:  
 Official website of the Maine Office of Tourism  
<http://www.visitmaine.com>

There are many fairs and festivals in the Brunswick/Portland area. Some cost to get in but are well worth the price because of the good food, music, and events. A list of the local Brunswick fairs/festivals follows. For a list of happenings statewide, please visit the Maine Office of Tourism website on the link above.

<b>Name:</b> Annual Maine Festival
<b>Address:</b> Thomas Point Beach
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-772-9012
<b>WWW Link:</b> <a href="http://www.mainearts.org/festhome.html">http://www.mainearts.org/festhome.html</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Please refer to the website for dates and more information.

<b>Name:</b> Bowdoin Summer Music Festival
<b>Address:</b> Maine Street
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-3322
<b>FAX:</b> 207-725-3047
<b>E-Mail:</b> bsmf@blazenetme.net
<b>WWW Link:</b> <a href="http://www.summermusic.org">http://www.summermusic.org</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Please refer to the website for dates and more information.

<b>Name:</b> Great State of Maine Airshow
<b>POC:</b> Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2340
<b>DSN Phone:</b> 476-2340
<b>WWW Link:</b> <a href="http://www.airshow.nasb.navy.mil/">http://www.airshow.nasb.navy.mil/</a>
<b>Proximity to site:</b> on site
<b>Comments:</b> Please refer to the website for dates and more information.

<b>Name:</b> Maine State Music Theatre
<b>POC:</b> Pickard Theatre, Bowdoin College
<b>Address:</b> 14 Maine Street Suite 109
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-8769
<b>FAX:</b> 207-725-1199
<b>E-Mail:</b> <a href="mailto:info@msmt.org">info@msmt.org</a>
<b>WWW Link:</b> <a href="http://www.msmt.org/">http://www.msmt.org/</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Please refer to the website for dates and more information.

<b>Name:</b> Thomas Point Beach Bluegrass Festival
<b>POC:</b> Thomas Point Beach
<b>Address:</b> 29 Meadow Road
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-6009 or 1-877-TPB-4321
<b>E-Mail:</b> <a href="mailto:summer@thomaspointbeach.com">summer@thomaspointbeach.com</a>
<b>WWW Link:</b> <a href="http://www.thomaspointbeach.com">http://www.thomaspointbeach.com</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Please refer to the website for dates and more information.

<b>Name:</b> Topsham Fair
<b>POC:</b> Julie Wallace
<b>Address:</b> Topsham Fair Grounds
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-725-2735
<b>WWW Link:</b> <a href="http://www.topshamfair.org">http://www.topshamfair.org</a>
<b>Proximity to site:</b> 3 miles
<b>Comments:</b> Please refer to the website for more information.

## Cultural Attractions

For more information on this subject:  
Curtis Library  
<http://www.curtislibrary.com>

Besides the attractions listed, a walk (or drive) through the old neighborhoods of Brunswick provides cultural acquaintance with the old mansions of the last century. Though most are post Civil War, there are some homes that were built before the Civil War that are worth looking at. Please refer to the Curtis Library website link above for more information on Cultural Attractions in the Brunswick area.

<b>Name:</b> Bowdoin College Museum of Art
<b>Address:</b> 9400 College Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-3275
<b>FAX:</b> 207-725-3762
<b>E-Mail:</b> <a href="mailto:artmuseum@bowdoin.edu">artmuseum@bowdoin.edu</a>
<b>WWW Link:</b> <a href="http://academic.bowdoin.edu/artmuseum">http://academic.bowdoin.edu/artmuseum</a>
<b>Proximity to site:</b> 1 mile
<b>Comments:</b> Please refer to the website for more information.

<b>Name:</b> Joshua L. Chamberlain Civil War Museum
<b>Address:</b> 226 Maine St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-6606
<b>WWW Link:</b> <a href="http://www.curtislibrary.com/pejepscot.htm">http://www.curtislibrary.com/pejepscot.htm</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Please refer to the website for more information.

<b>Name:</b> Maine Maritime Museum
<b>Address:</b> 243 Washington Street
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-1316
<b>E-Mail:</b> <a href="mailto:Maritime@bathmaine.com">Maritime@bathmaine.com</a>
<b>WWW Link:</b> <a href="http://www.bathmaine.com">http://www.bathmaine.com</a>
<b>Proximity to site:</b> 3 miles
<b>Comments:</b> Please refer to the website for more information.

<b>Name:</b> Maine State Museum
<b>Address:</b> 83 State House Station
<b>City:</b> Augusta, ME 04333
<b>Phone:</b> 207-287-2301
<b>E-Mail:</b> <a href="mailto:maine.museum@state.me.us">maine.museum@state.me.us</a>
<b>WWW Link:</b> <a href="http://www.state.me.us/museum/homepage.asp">http://www.state.me.us/museum/homepage.asp</a>
<b>Proximity to site:</b> 31 miles
<b>Comments:</b> Please refer to the website for more information.

## Recreation Opportunities

For more information on this subject:  
Official website of the Maine Office of Tourism  
<http://www.visitmaine.com>

There are many recreational opportunities available in the state of Maine. Hunting and fishing are abundant. Hiking is one of the best opportunities with many trails across the state and spectacular trails through Baxter State Park and Acadia National Park. During the winter months, cross-country and down-hill skiing are available at a number of ski resorts across the state. For information about any of these activities, contact MWR or the state tourist board.

<b>Name:</b> Androscoggin River Bicycle Path
<b>POC:</b> Parks & Recreation Department
<b>Address:</b> 30 Federal Street
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-6656
<b>WWW Link:</b> <a href="http://www.curtislibrary.com/bikepath.htm">http://www.curtislibrary.com/bikepath.htm</a>
<b>Proximity to site:</b> 1 mile
<b>Comments:</b> The Androscoggin River Bicycle Path was opened in October 1998 and has been in constant use since then by bicyclist, rollerbladers, joggers, and walkers. The path's total one way length starting from Water Street just past the boat launch ramp to the Grover Lane end is 13,940 feet (2.64 miles). Please refer to the website for more information and pictures.

<b>Name:</b> Morale, Welfare, Recreation (MWR)
<b>POC:</b> Information
<b>Address:</b> NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2113
<b>DSN Phone:</b> 476-2113
<b>E-Mail:</b> <a href="mailto:sturgis@nasb.navy.mil">sturgis@nasb.navy.mil</a>
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil">http://mwr.nasb.navy.mil</a>
<b>Proximity to site:</b> on site

<b>Name:</b> State Parks
<b>WWW Link:</b> <a href="http://www.state.me.us">http://www.state.me.us</a>
<b>Comments:</b> For information on Maine State Parks, please visit the Maine State website. Click on Visiting, State Parks, Find Parks & Lands.

<b>Name:</b> Thomas Point Beach
<b>Address:</b> 29 Meadow Road Off Route 24 - Cook's Corner
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-6009 or 1-877-TPB-4321
<b>E-Mail:</b> <a href="mailto:summer@thomaspontbeach.com">summer@thomaspontbeach.com</a>
<b>WWW Link:</b> <a href="http://www.thomaspontbeach.com">http://www.thomaspontbeach.com</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Please refer to the website for more information.

<b>Name:</b> Walks/Trails
<b>WWW Link:</b> <a href="http://www.healthymainewalks.org">http://www.healthymainewalks.org</a>
<b>Comments:</b> There are many trail systems all around the State of Maine. The State has been developing and improving many of the paths to promote fitness. This is a new and very informative website which continues to be updated.

## Military Related and Civic Organizations

A list of organizations is included in the Record Listing

<b>Name:</b> American Legion Smith Tobey Post
<b>Address:</b> 10 Congress Ave
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-9178
<b>Proximity to site:</b> 5 miles

<b>Name:</b> American Legion Topsham Post 202
<b>Address:</b> Foreside Rd
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-729-9870
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Chamber of Commerce (Bath & Brunswick)
<b>Address:</b> 59 Pleasant St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-8797
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Call here for current list of all civic organizations

<b>Name:</b> Disabled American Veterans
<b>Address:</b> PO Box 3151
<b>City:</b> Togus, ME 04330
<b>Phone:</b> 207-623-5725
<b>Proximity to site:</b> 31 miles

<b>Name:</b> Elks Lodge
<b>Address:</b> Lambard St
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-9852/6265
<b>Proximity to site:</b> 5 miles

<b>Name:</b> Elks Lodge
<b>Address:</b> 179 Park Row
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-9572
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Fleet Reserve Association Branch 1156
<b>City:</b> Topsham, ME 04086
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Knights of Columbus - Brunswick
<b>Address:</b> Columbus Dr
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-6552
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Knights of Columbus Hall
<b>Address:</b> 807 Middle
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-9801
<b>Proximity to site:</b> 5 miles

<b>Name:</b> Retired Officers Association of Southern Maine
<b>POC:</b> Richard Rybacki, RADM, USCG, Ret.
<b>City:</b> Portland, ME 04011
<b>Phone:</b> 207-781-3427
<b>Proximity to site:</b> 26 miles

## Shopping

Shopping in Maine is much quieter than in the big cities. The 2 largest malls are 30 minutes away. Strip malls and home based businesses are common. Many area restaurants are seasonal - they close for the winter.

<b>Name:</b> Auburn Mall
<b>Address:</b> 550 Center Street
<b>City:</b> Auburn, ME 04210
<b>Phone:</b> 207-786-2977
<b>WWW Link:</b> <a href="http://www.auburnmall.com/">http://www.auburnmall.com/</a>
<b>Proximity to site:</b> 25 miles
<b>Comments:</b> Auburn Mall is a single-level shopping center. It's stores include JCPenney and Porteous and a number of smaller stores. For more information, please refer to the website.

<b>Name:</b> Cook's Corner
<b>Address:</b> Bath Road and Route 24
<b>City:</b> Brunswick, ME 04011
<b>Proximity to site:</b> 1/4 mile
<b>Comments:</b> Cook's Corner is the part of Brunswick where the base is located. Many stores and restaurants surround this area, including Sears, Walmart, Bookland, Ames, Denny's, and Applebee's.

<b>Name:</b> Freeport Shopping District
<b>Address:</b> US 1 and Interstate 95
<b>City:</b> Freeport, ME
<b>WWW Link:</b> <a href="http://www.freeportusa.com">http://www.freeportusa.com</a>
<b>Proximity to site:</b> 10 miles
<b>Comments:</b> There are scores of factory outlets and specialty stores including Freeport's most famous, L.L.Bean.

<b>Name:</b> Maine Mall
<b>Address:</b> 364 Maine Mall Road
<b>City:</b> South Portland, ME 04106
<b>Phone:</b> 207- 828-2063
<b>FAX:</b> 207-774-6813
<b>WWW Link:</b> <a href="http://www.mainemall.com">http://www.mainemall.com</a>
<b>Proximity to site:</b> 30 miles
<b>Comments:</b> The Maine Mall is the largest mall in the area. The major stores are Sears, JCPenney, Filene's, Macy's, and Best Buy. Please refer to the website for more information.

## State and Community Social Service Agencies

For General Assistance help covering such areas as food stamps and housing costs, each town has their own human services or welfare department. Since winters are so cold and long, financial help is frequently needed to assist with heating costs. For further help in this area, contact the Information & Referral person at the Fleet and Family Support Center at 207-921-2273 or DSN 476-2273.

<b>Name:</b> Brunswick Department of Human Services
<b>POC:</b> Director
<b>Address:</b> 28 Federal St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-6661
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Application for General Assistance such as Food Stamps and help with Housing costs occurs here. They are open from 0745-1515



<b>Name:</b> Information and Referral
<b>POC:</b> Ruth Finkle
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Avenue, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> Finkle@nasb.navy.mil
<b>Proximity to site:</b> on site

<b>Name:</b> Public Welfare
<b>Address:</b> 55 Front
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-8335
<b>Proximity to site:</b> 5 miles

<b>Name:</b> State of Maine Human Services Dept
<b>City:</b> Augusta, ME
<b>Phone:</b> 1-800-452-1999
<b>WWW Link:</b> <a href="http://www.state.me.us/dhs">http://www.state.me.us/dhs</a>
<b>Proximity to site:</b> 31 miles

<b>Name:</b> WIC (Program for Women, Infants, and Children)
<b>Address:</b> 24 Wing Farm Parkway
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-442-7963
<b>WWW Link:</b> <a href="http://www.wicforme.com">http://www.wicforme.com</a>
<b>Proximity to site:</b> 5 miles

<b>Name:</b> Welfare Dept
<b>Address:</b> 22 Elm
<b>City:</b> Topsham, ME 04086
<b>Proximity to site:</b> 207-725-1725

## Non-Profit Social Service Agencies

Check the Record Listing for these agencies.

<b>Name:</b> American Cancer Society-Maine Div Inc
<b>Address:</b> 52 Federal St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-3339 or 1-800-464-3102
<b>Proximity to site:</b> 2 miles

<b>Name:</b> First Call Mid Coast
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-8952 or 1-800-269-1150
<b>Proximity to site:</b> 5 miles`
<b>Comments:</b> Information and referral for most social services

<b>Name:</b> Navy-Marine Corps Relief Society
<b>Address:</b> Box 25 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2679/2414
<b>DSN Phone:</b> 476-2679/2414
<b>Proximity to site:</b> on site

<b>Name:</b> United Way of Mid Coast Maine, Inc
<b>Address:</b> 34 Wing Farm Pkwy
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-9752
<b>Proximity to site:</b> 5 miles

## Religious Activities

Religious services performed on the base every Sunday include Protestant and Catholic services. The chaplains have a list of all the churches in the area for your convenience.

CROSS REFERENCE: Category SUPPORT SERVICES, Related Subject, Chapel Services and Programs for information on the installation

<b>Name:</b> NAS Chapel
<b>Address:</b> Box 17 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2220/2231
<b>DSN Phone:</b> 476-2220/2231
<b>Proximity to site:</b> on site
<b>Comments:</b> Catholic and Protestant services

## Community Transportation

A car is a must have item in Brunswick. Bus service to areas outside of Brunswick is extremely limited. There is no on-base transportation, but there is a 3/Town shuttle listed below that picks up close to the main base and stops close to the annex. Call them for information on the scheduled stops.

CROSS-REFERENCE- Category INSTALLATION, Subject Area, TRANSPORTATION.

<b>Name:</b> 3/Town Connector Service
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-8371
<b>Proximity to site:</b> 5 miles
<b>Comments:</b> Cost and schedule can be obtained by calling referenced number

<b>Name:</b> Mid-Coast Limo
<b>Phone:</b> 1-800-937-2424
<b>Comments:</b> Daily van service to and from Portland Jetport. Reservations are required

<b>Name:</b> Vermont Transit Lines
<b>Address:</b> 9 Pleasant St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-5301
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Call to get the bus schedule. There are several buses that arrive and depart Brunswick daily.

## Education

### Education Overview

Children of Active Duty members stationed in Brunswick attend the local schools in Brunswick, Topsham, Bath, or in the community where they live if not in one of these three. There are no primary or secondary schools on the base. Since these towns are in different school districts, the regulations and requirements are somewhat different in each one.

Those members or teenagers wanting to attend college have a number of choices in the area including New Hampshire College located on the base. All of these schools will be listed in the following record listings.

<b>Name:</b> Navy College
<b>Address:</b> Bldg 20 Rm 140
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2122
<b>DSN Phone:</b> 476-2122
<b>E-Mail:</b> alderete@nasb.navy.mil
<b>Proximity to site:</b> on site

### Public and DODDS Schools

For more information on this subject:

Maine State Department of Education Website  
<http://www.state.me.us/education>

There are no Department of Defense schools located here.

The public school systems serving the region are varied because the Midcoast Maine region is a balanced mix of relatively large municipalities and smaller, rural communities. In the larger towns and cities, municipal systems serve and are operated by a single city or town although they may admit students from other towns on a tuition basis when they have space. School Unions serve several towns with a consolidated administration; however, each town has its own elected school board. Several towns comprise School Administrative Districts (SAD), with a single administration and a single school board. On a SAD school board each town is represented in proportion to its population.

Vocational education is offered as a separate program within some high schools, or in vocational regions in which several school districts share the responsibility for the vocational program, with elected representatives on the board of directors of the vocational district.

The following school administrative units serve the Bath-Brunswick Region:

<b>Name:</b> Bath School District
<b>POC:</b> William Michaud, Superintendent
<b>Address:</b> 39 Andrews Road
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-6601
<b>E-Mail:</b> bathsupt@horton.col.k12.me.us
<b>WWW Link:</b> <a href="http://www.bathhaverling.wnyric.org/">http://www.bathhaverling.wnyric.org/</a>
<b>Proximity to site:</b> 5 miles
<b>Comments:</b> Bath School District has a kindergarten center, 2 elementary, 1 middle, and 1 high school. For more information, please refer to the website.

<b>Name:</b> Brunswick School District
<b>POC:</b> James Ashe, Superintendent
<b>Address:</b> 35 Union St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-4148
<b>E-Mail:</b> jashe@brunswick.k12.me.us
<b>WWW Link:</b> <a href="http://www.brunswick.k12.me.us/">http://www.brunswick.k12.me.us/</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Brunswick School District has 4 elementary, 1 middle, and 1 high school. For more information, please refer to the website.

<b>Name:</b> Maine School Administrative District 75
<b>POC:</b> Michael Wilhelm, Superintendent
<b>Address:</b> 50 Republic Ave PO Box 475
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-729-9961
<b>E-Mail:</b> mike_wilhelm@link75.org
<b>WWW Link:</b> <a href="http://www.link75.org/">http://www.link75.org/</a>
<b>Proximity to site:</b> 3 miles
<b>Comments:</b> SAD 75 serves the communities of Topsham, Bowdoin, Bowdoinham, and Harpswell. These four communities have 6 elementary, 1 middle, and 1 high school. For more information and links to the individual schools, please refer to the website.

<b>Name:</b> Maine School Union 47
<b>POC:</b> Ronald L. Gleason
<b>Address:</b> 123 B State Road
<b>City:</b> West Bath, ME 04530
<b>Phone:</b> 207-443-1113
<b>FAX:</b> 207-443-1148
<b>E-Mail:</b> super@schoolunion47.org
<b>WWW Link:</b> <a href="http://www.westbath.u47.k12.me.us/">http://www.westbath.u47.k12.me.us/</a>
<b>Proximity to site:</b> 5-10 miles
<b>Comments:</b> This Union serves Arrowsic, Georgetown, Phippsburg, West Bath, and Woolwich. With the exception of Arrowsic, each town operates their own local elementary (K-6) school (Georgetown Central School, Phippsburg Elementary School, West Bath School.) Woolwich Central School accommodates students through the 8th grade. Students may attend any state-approved middle or high school. For more information and links to the individual schools, please refer to the website.

<b>Name:</b> Maine Vocational Region 10
<b>POC:</b> Iver Carlsen
<b>Address:</b> 68 Church Road
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-6622/3
<b>FAX:</b> 207-721-0907
<b>E-Mail:</b> carlsen@mvr10.org
<b>WWW Link:</b> <a href="http://www.mvr10.org/">http://www.mvr10.org/</a>
<b>Proximity to site:</b> 2 miles.
<b>Comments:</b> In addition to Brunswick schools and SAD 75, MVR 10 serves the Freeport school system. It has a large, well-equipped building centrally located in Brunswick, with an enrollment of some 320 students who spend a half-day in the vocational school but remain members of their own high school class.  MVR 10 offers programs in building trades, horticulture, general trades, and pre-apprenticeships. A mechanical cluster includes auto-body repair, automotive technology, metal fabrication and welding, and outdoor power equipment. The service cluster includes programs in business administration, early childhood development, food trades, certified nursing assistant, health occupations, marketing, and commercial art. MVR10 also offers adult education courses and approximately 400 adults are enrolled.  For more information, please refer to the website.

<b>Name:</b> School Union 30
<b>POC:</b> Shannon L. Welsh
<b>Address:</b> 4 Campus Street
<b>City:</b> Lisbon Falls, ME 04252
<b>Phone:</b> 207-353-6711
<b>FAX:</b> 207-353-3032
<b>E-Mail:</b> nbosse@supt.union30.k12.me.us
<b>Proximity to site:</b> 5-10 miles
<b>Comments:</b> School Union 30 serves Durham, Lisbon, and Lisbon Falls. These schools include 1 in Durham (K-8), 1 in Lisbon (K-5), and 3 in Lisbon Falls (K-5),(6-8), and (9-12). There is no website for School Union 30, but Durham Elementary, Lisbon Elementary, and Lisbon High School have individual websites. These address can be found on the above website under "School Web Pages".

## Private Schools

All the private schools charge tuition. To get the latest tuition costs, call the telephone number provided.

<b>Name:</b> Cricket-Hunt School
<b>POC:</b> Michele Bois-Gilbody
<b>Address:</b> 40 Independence Drive
<b>City:</b> Freeport, ME 04032
<b>Phone:</b> 207-865-9696
<b>Proximity to site:</b> 10 miles
<b>Comments:</b> Pre-K thru grade 4. Also ask about Summer Enrichment Camp and Enrichment Afternoons. Please call the school for more information.

<b>Name:</b> Hyde School
<b>POC:</b> Laurie G. Hurd
<b>Address:</b> 616 High Street
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-5584
<b>FAX:</b> 207-443-1450
<b>WWW Link:</b> <a href="http://www.hyde.edu">http://www.hyde.edu</a>
<b>Proximity to site:</b> 6 miles
<b>Comments:</b> Grades 9-12.

<b>Name:</b> Pine Tree Academy
<b>POC:</b> Wesley R. Johnston
<b>Address:</b> 67 Pownal Road
<b>City:</b> Freeport, ME 04032
<b>Phone:</b> 207-865-4747
<b>FAX:</b> 207-865-1768
<b>E-Mail:</b> <a href="mailto:info@pta-online.org">info@pta-online.org</a>
<b>WWW Link:</b> <a href="http://www.pta-online.org/">http://www.pta-online.org/</a>
<b>Proximity to site:</b> 14 miles
<b>Comments:</b> Grades pre-K thru 12.

<b>Name:</b> St. John's Catholic School
<b>POC:</b> Edward P. Buckley
<b>Address:</b> 39 Pleasant Street
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-5507
<b>FAX:</b> 207-725-4792
<b>E-Mail:</b> <a href="mailto:sjs@saint-johns-brunswick.pvt.k12.me.us">sjs@saint-johns-brunswick.pvt.k12.me.us</a>
<b>WWW Link:</b> <a href="http://saint-johns-brunswick.pvt.k12.me.us/">http://saint-johns-brunswick.pvt.k12.me.us/</a>
<b>Proximity to site:</b> 1 mile
<b>Comments:</b> Grades K-8. For more information, please refer to the website.

## Colleges and Universities

Southern New Hampshire University has a contract with the Navy to provide classes on the Naval Air Station. In order to become a Servicemen's Opportunity school, they must have more liberal transfer credit policy and be more flexible in their offerings. For details on the on-base education and the local colleges and universities, contact the Navy College Office.

<b>Name:</b> Bowdoin College
<b>POC:</b> Admin Office
<b>Address:</b> Maine St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-3000
<b>WWW Link:</b> <a href="http://www.bowdoin.edu">http://www.bowdoin.edu</a>
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Embry-Riddle Aeronautical University
<b>Address:</b> 1000 Burbank Avenue Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> (207) 721-0664
<b>FAX:</b> (207) 721-0664
<b>E-Mail:</b> <a href="mailto:brunswick_center@cts.db.erau.edu">brunswick_center@cts.db.erau.edu</a>
<b>WWW Link:</b> <a href="http://www.ec.erau.edu/cce/regions/eastern/cena4ea.htm">http://www.ec.erau.edu/cce/regions/eastern/cena4ea.htm</a>
<b>Proximity to site:</b> on site
<b>Comments:</b> Please refer to the website for more information.

<b>Name:</b> Navy College
<b>POC:</b> Sam Alderete
<b>Address:</b> Bldg 20, Rm 140 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2122
<b>DSN Phone:</b> 476-2122
<b>E-Mail:</b> <a href="mailto:alderete@nasb.navy.mil">alderete@nasb.navy.mil</a>
<b>Proximity to site:</b> on site

<b>Name:</b> Southern New Hampshire University
<b>POC:</b> Lucy Moon
<b>Address:</b> 1000 Burbank Ave, Bldg 20 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-6486 or 207-729-9238
<b>WWW Link:</b> <a href="http://www.snhu.edu">http://www.snhu.edu</a>
<b>Proximity to site:</b> on site
<b>Comments:</b> Office Hours: Monday Thursday 9:00am - 8:30pm Friday 8:30am - 4:30pm Saturday 8:00am - 1:00pm  More information on the Brunswick extension can be found on their website under Continuing Education-Brunswick.

<b>Name:</b> University of Maine Bath/Brunswick campus
<b>POC:</b> Dennis Unger
<b>Address:</b> 275 Bath Rd
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-8620
<b>E-Mail:</b> <a href="mailto:unger@maine.edu">unger@maine.edu</a>
<b>WWW Link:</b> <a href="http://maine.edu/~dbaty">http://maine.edu/~dbaty</a>
<b>Proximity to site:</b> 1/2 mile

<b>Name:</b> University of Southern Maine
<b>POC:</b> Admin Office
<b>Address:</b> PO Box 9300
<b>City:</b> Portland, ME 04104
<b>Phone:</b> 207-780-4141
<b>DSN Phone:</b> 1-800-800-4USM
<b>WWW Link:</b> <a href="http://www.usm.maine.edu">http://www.usm.maine.edu</a>
<b>Proximity to site:</b> 26 miles

<b>Name:</b> Bailey Evening School
<b>POC:</b> Diana McCain
<b>Address:</b> 826 High St
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-8255
<b>E-Mail:</b> <a href="mailto:dmccain@horton.col.k12.me.us">dmccain@horton.col.k12.me.us</a>
<b>Proximity to site:</b> 5 miles
<b>Comments:</b> Open Monday thru Thursday 4:00-9:00pm.

<b>Name:</b> Coastal Economic Development Corporation
<b>POC:</b> Career Center
<b>Address:</b> 34 Wing Farm Parkway
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-442-0300
<b>Proximity to site:</b> 5 miles

<b>Name:</b> Lisbon Adult & Community Education
<b>POC:</b> Alene Staley
<b>Address:</b> 591 Lisbon Road
<b>City:</b> Lisbon Falls, ME 04252
<b>Phone:</b> 207-353-3037
<b>FAX:</b> 207-353-3036
<b>E-Mail:</b> <a href="mailto:astaley@lisbon-hs.u30.k12.me.us">astaley@lisbon-hs.u30.k12.me.us</a>
<b>Proximity to site:</b> 12 miles

<b>Name:</b> Literacy Volunteers of America
<b>POC:</b> Glenis Elliott
<b>Address:</b> PMB #286 10 State Street, Suite 9
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 1-877-885-7441 or 207-443-8439
<b>E-Mail:</b> <a href="mailto:weg@clinic.net">weg@clinic.net</a>
<b>Proximity to site:</b> 5 miles

## Adult or Continuing Education

For more information on this subject:

Maine Adult Education

<http://www.umaine.edu/call/>

There is no program on the base for an individual to get a GED. Any Active Duty member or spouse would have to go to one of the local schools to take the courses for certification. For any information concerning GED, high school diploma, etc, contact the Navy College.

<b>Name:</b> Maine Vocational Region 10
<b>POC:</b> Iver Carlsen
<b>Address:</b> 68 Church Road
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-6622/3
<b>FAX:</b> 207-721-0907
<b>E-Mail:</b> carlsen@mvr10.org
<b>WWW Link:</b> <a href="http://www.mvr10.org">http://www.mvr10.org</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> MVR10 offers adult education courses and approximately 400 adults are enrolled.  MVR 10 offers programs in building trades, horticulture, general trades, and pre-apprenticeships. A mechanical cluster includes auto-body repair, automotive technology, metal fabrication and welding, and outdoor power equipment. The service cluster includes programs in business administration, early childhood development, food trades, certified nursing assistant, health occupations, marketing, and commercial art.

<b>Name:</b> Merrymeeting Regional Adult Education
<b>POC:</b> Diana McCain
<b>Address:</b> 74 Eagles Way
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-729-7323
<b>FAX:</b> 207-729-5609
<b>E-Mail:</b> mccaing@link75.org
<b>Proximity to site:</b> 3 miles

<b>Name:</b> Navy College
<b>Address:</b> Bldg 20, Room 140 NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2122
<b>DSN Phone:</b> 476-2122
<b>E-Mail:</b> alderete@nasb.navy.mil
<b>Proximity to site:</b> on site

## Special Education

The Point of Contact for enrolling in the Exceptional Family Member program is HM3 Johnson at the Branch Medical Clinic. The automated line (207-921-2991) at the BMC does not list the EFM Coordinator. You must call the number and ask the Chief of the Day to connect you. For other information concerning EFM, contact the Information & Referral Specialist at the Fleet & Family Support Center at 207-921-2273.

<b>Name:</b> Bath School District
<b>POC:</b> William Michaud, Superintendent
<b>Address:</b> 39 Andrews Road
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-6601
<b>E-Mail:</b> bathsupt@horton.col.k12.me.us
<b>WWW Link:</b> <a href="http://www.col.k12.me.us/bath/">http://www.col.k12.me.us/bath/</a>
<b>Proximity to site:</b> 5 miles

<b>Name:</b> Brunswick School District
<b>POC:</b> James Ashe, Superintendent
<b>Address:</b> 35 Union St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-4148
<b>E-Mail:</b> jashe@brunswick.k12.me.us
<b>WWW Link:</b> <a href="http://www.brunswick.k12.me.us">http://www.brunswick.k12.me.us</a>
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Child Development Services - Search
<b>Address:</b> 35 Gurnet Road
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-6365
<b>Proximity to site:</b> 1/2 mile
<b>Comments:</b> Services to children 0-5 with special needs. Developmental screenings, family education and support, case management. Provide consultation to preschools, daycare centers for caring for children with special needs.

<b>Name:</b> Exceptional Family Member Program
<b>POC:</b> HM3 Johnson
<b>Address:</b> Branch Medical Clinic Bldg 645, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2991
<b>DSN Phone:</b> 476-2991
<b>Proximity to site:</b> on site
<b>Comments:</b> The automated line at the Branch Medical Clinic (207-921-2991) does not list the EFM Coordinator. Please contact the Chief of the Day and ask for the EFM Coordinator.

<b>Name:</b> MSAD 75
<b>POC:</b> Michael Wilhelm, Superintendent
<b>Address:</b> 50 Republic Avenue PO Box 475
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-729-9961
<b>E-Mail:</b> mike_wilhelm@link75.org
<b>WWW Link:</b> <a href="http://www.link75.org">http://www.link75.org</a>
<b>Proximity to site:</b> 3 miles

# Employment

## Employment Overview

For job hunting purposes, be sure to bring with you all employment records, resumes, and any other information that you could use in your job search such as transcripts, certificates, and licenses.

These are the main sources of employment at NAS Brunswick.

**FEDERAL CIVIL SERVICE POSITIONS** - Civil service is the on-base employer, presently providing jobs for approximately 475 people. If you are interested in civil service positions, contact the Human Resources Office.

**NON-FEDERAL CIVIL SERVICE POSITIONS (NAF).** There are approximately 150 Non-appropriated Fund (NAF) positions on the base at present. Most of those are divided between Morale, Welfare, Recreation (MWR) and the Navy Exchange. The personnel Section at the Navy Exchange accepts applications for employment or can answer questions about employment with the Exchange.

Job prospects are good in the Health Care related fields and Computer fields. Prospects are fair as Retail Clerks, Fast Food employees, and in Clerical fields. Job prospects are poorest in the management fields.

However, there are jobs out there for those who are persistent and prepared for the market.

Call to make an appointment with the Spouse Employment Assistance Program person at the Fleet and Family Support Center as soon as you arrive in Brunswick. He will assist you in establishing your goals and provide you with necessary information to help you get a job.

If you will separate or retire from the Navy during or upon completion of your tour in Brunswick, the Transition Assistance Counselor at the FFSC will provide you with some training to help you get a job. Contact the Transition office as soon as you know about your status.

<b>Name:</b> Human Resources Office
<b>POC:</b> Mary Anne Green or Nancy Bates
<b>Address:</b> Hangar 4, 3rd Deck Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2308/2271
<b>DSN Phone:</b> 476-2308/2271
<b>Proximity to site:</b> on site
<b>Comments:</b> Most of the recruiting actions for NASB have been centralized in Philadelphia. Questions concerning any recruiting or placement issues should still be addressed to the local HRO in Brunswick.

<b>Name:</b> Morale, Welfare, & Recreation (MWR)
<b>Address:</b> Bldg. 211 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2382
<b>DSN Phone:</b> 476-2382
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil">http://mwr.nasb.navy.mil</a>
<b>Proximity to site:</b> on site

<b>Name:</b> Navy Exchange (NEX)
<b>POC:</b> Personnel Office Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2387
<b>DSN Phone:</b> 476-2387
<b>Proximity to site:</b> on site

<b>Name:</b> Spouse Employment Assistance Program (SEAP)
<b>POC:</b> Steve Estes
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> <a href="mailto:EstesS@nasb.navy.mil">EstesS@nasb.navy.mil</a>
<b>WWW Link:</b> <a href="http://www.jobfare.com">http://www.jobfare.com</a>
<b>Proximity to site:</b> on site
<b>Comments:</b> The SEAP is well versed in employment procedures, able to assist with resumes, and can provide interviewing tips to guide spouses toward the goal of getting employed. Spouses can even call the SEAP before leaving the last duty station to get a "feel" for what is available in the Brunswick area.

<b>Name:</b> Transition Assistance Management Program (TAMP)
<b>POC:</b> Mike LaRoche
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> Laroche@nasb.navy.mil
<b>Proximity to site:</b> on site
<b>Comments:</b> The TAMP Counselor assists service members retiring or separating from the military. Pre-Retirement classes are offered once a quarter and pre-separation classes are offered twice a quarter. Job searching techniques are highly emphasized.

## Federal Civilian Employment for Spouses

Spouse employment preference is a preference for employment in the DOD appropriated fund civilian positions for which the military spouse is best qualified at grade levels GS-5 through GS/GM-15 (or equivalent wage system positions). Preference for NAFI positions is at grades UA-8 and below (and equivalent positions) and for those jobs paid at an hourly rate. Depending on qualifications and experience, the spouse is afforded serious consideration for competitive civil service vacancies.

If the spouse has previous government work experience, preference can be exercised up to the highest grade level ever held. Spouses of active duty military personnel of the DOD with personal civil service status (i.e. current career or career-conditional employees, reinstatement eligibles) should apply to the Human Resource Office for available positions.

<b>Name:</b> Human Resources Office
<b>Address:</b> Hangar 4, 3rd Deck Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2308/2271
<b>DSN Phone:</b> 476-2308/2271
<b>Proximity to site:</b> on site
<b>Comments:</b> Most of the recruiting actions for NASB have been centralized in Philadelphia. Questions concerning any recruiting or placement issues should still be addressed to the local HRO in Brunswick.

## Permanent Employment Resources

Several of the agencies listed in the temporary employment services list also hire permanent employees. Always check with any employment agency to see who pays the fee. Usually the hiring company will pay the fee but not always. Sometimes the customer, you, are required to pay. That payment usually comes out of the first month pay and is a sizeable amount. Your best bet is to deal only with the agencies that require prospective employers to pay the fee and not you.

<b>Name:</b> Career Center
<b>Address:</b> 34 Wing Farm Pkwy
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-442-0300 or 1-888-836-3355
<b>FAX:</b> 207-442-0065
<b>WWW Link:</b> <a href="http://www.maineccareercenter.com">http://www.maineccareercenter.com</a>
<b>Proximity to site:</b> 5 miles
<b>Comments:</b> For full service with a counselor, the customer should be in the center by 1430.

<b>Name:</b> International Nurses Alliance
<b>Address:</b> RR5 Box 2635
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-5895
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Registered Nurses only

<b>Name:</b> Spouse Employment Assistance Program (SEAP)
<b>POC:</b> Steve Estes
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> EstesS@nasb.navy.mil
<b>WWW Link:</b> <a href="http://www.jobfare.com">http://www.jobfare.com</a>
<b>Proximity to site:</b> on site



<b>Name:</b> Transition Assistance Program
<b>POC:</b> Michael LaRoche
<b>Address:</b> FFSC, 400 Foxtrot Ave, NAS
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> laroche@nasb.navy.mil
<b>Proximity to site:</b> on site
<b>Comments:</b> If Active Duty are retiring or considering separation from the service, contact the Transition Assistance Counselor to get assistance with job preparation and job search. Pre-separation and Pre-retirement classes are highly encouraged for any member separating from the military. Please call for more information, class dates, and to register.

## Temporary Employment Resources

There are a number of temporary services in the area besides the ones listed here. Regardless of which service you use, always check to see who pays the fee. It is sometimes charged to the customer who is you. Many services, however, charge prospective employers and not the prospective employee.

<b>Name:</b> Best Employment Services
<b>Address:</b> 97 Preble Street
<b>City:</b> Portland, ME 04101
<b>Phone:</b> 207-874-0055
<b>Proximity to site:</b> 26 miles
<b>Comments:</b> They are industrial specialists. They handle temporary and permanent positions in warehouse, assembly, waterfront, construction, and food processing.

<b>Name:</b> Bonney Staffing & Training Centers
<b>Address:</b> 216 Bath Rd
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-1184
<b>FAX:</b> 207-725-1169
<b>WWW Link:</b> <a href="http://www.bonneystaffing.com">http://www.bonneystaffing.com</a>
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Career Prospects
<b>Address:</b> 643 D Lewiston Road
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-373-0488
<b>FAX:</b> 207-373-0479
<b>WWW Link:</b> <a href="http://www.careerprospects.com">http://www.careerprospects.com</a>
<b>Proximity to site:</b> 5 miles

<b>Name:</b> Manpower Temporary Services
<b>Address:</b> 95 Main Street
<b>City:</b> Auburn, ME 04210
<b>Phone:</b> 207-784-9353 or 1-800-539-9353
<b>WWW Link:</b> <a href="http://www.manpower.com">http://www.manpower.com</a>
<b>Proximity to site:</b> 25 miles

<b>Name:</b> Manpower Temporary Services
<b>Address:</b> 70 Center Street
<b>City:</b> Portland, ME 04101
<b>Phone:</b> 207-774-8258 or 1-800-539-8258
<b>FAX:</b> 207-774-4404
<b>WWW Link:</b> <a href="http://www.manpower.com">http://www.manpower.com</a>
<b>Proximity to site:</b> 26 miles
<b>Comments:</b> They handle temporary positions in secretarial, data entry, word processing, and light industrial fields. There is no fee to the applicant.

## Non-Paid or Volunteer Opportunities

Besides the departments on the base, there are several establishments that use volunteers in the Social & Human Services arena such as crisis centers, Red Cross, nursing homes, etc. Those services are listed in the yellow pages of each town's telephone directory and are always interested in talking to those who want to volunteer.

Remember too that the Fleet and Family Support Center is always looking for volunteers for our programs. Any time you volunteer, you increase your chances of getting a permanent paying job either with the organization where you volunteer or because of the good job training you may be getting through your volunteer job.

<b>Name:</b> Fleet and Family Support Center
<b>POC:</b> Mary Hipkins
<b>Address:</b> 400 Foxtrot Ave
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> hipkins@nasb.navy.mil
<b>Proximity to site:</b> on site

<b>Name:</b> Mid-Coast Hospital
<b>POC:</b> Millie Stewart, Volunteer Services Director
<b>Address:</b> 123 Medical Center Drive
Cook's Corner
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-373-6015
<b>WWW Link:</b> <a href="http://www.midcoasthospital.com">http://www.midcoasthospital.com</a>
<b>Proximity to site:</b> 3 miles
<b>Comments:</b> Please visit the volunteer link at the website for detailed information about the many volunteer opportunities at MidCoast Hospital.

<b>Name:</b> Navy-Marine Corps Relief Society
<b>Address:</b> Bldg. 20
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2414
<b>DSN Phone:</b> 476-2414
<b>Proximity to site:</b> on site

<b>Name:</b> Parkview Hospital
<b>POC:</b> Annie O'Rourke, Volunteer Services Department
<b>Address:</b> 329 Maine Street
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-373-2130
<b>WWW Link:</b> <a href="http://www.parkviewhospital.com">http://www.parkviewhospital.com</a>
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Site Volunteer Coordinator
<b>POC:</b> Individual Departments
<b>Address:</b> Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Proximity to site:</b> on site
<b>Comments:</b> There may be volunteer positions with any of the departments on the base. Contact them individually to find out.

## Chambers of Commerce

For more information on this subject:  
Midcoast Maine Home Page  
<http://www.midcoastmaine.com>

Once separate, the two prominent chambers of commerce of Bath and Brunswick have now joined as one.

<b>Name:</b> Androscoggin County Chamber of Commerce
<b>POC:</b> Charles Morrison
<b>Address:</b> 179 Lisbon Street
<b>City:</b> Lewiston, ME 04243
<b>Phone:</b> 207-783-2249
<b>FAX:</b> 207-783-4481
<b>Proximity to site:</b> 15 miles

<b>Name:</b> Bath/Brunswick Chamber of Commerce
<b>Address:</b> 59 Pleasant St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-8797
<b>E-Mail:</b> <a href="mailto:ccbr@horton.col.k12.me.us">ccbr@horton.col.k12.me.us</a>
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Freeport Chamber Of Commerce
<b>POC:</b> Catherine Pullen
<b>Address:</b> 23 Depot Street
<b>City:</b> Freeport, ME 04032
<b>Phone:</b> 207-865-1212
<b>FAX:</b> 207-865-0881
<b>E-Mail:</b> <a href="mailto:freeportcc@maine.com">freeportcc@maine.com</a>
<b>Proximity to site:</b> 10 miles

## Private Sector Employment

The following is a partial list of the local private sector employers in the Bath/Brunswick area. For more information and assistance, contact the Spouse Employment person at the Fleet and Family Support Center or the Maine Job Service at the Career Center listed below. Remember, at any one time, some of these employers may not be hiring.

<b>Name:</b> Bath Iron Works
<b>POC:</b> Personnel
<b>Address:</b> 700 Washington St
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-3311
<b>WWW Link:</b> <a href="http://www.gdbiw.com">http://www.gdbiw.com</a>
<b>Proximity to site:</b> 5 miles
<b>Comments:</b> The largest employer in the state of Maine.

<b>Name:</b> Bowdoin College
<b>POC:</b> Personnel
<b>Address:</b> Maine St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-3837
<b>WWW Link:</b> <a href="http://www.bowdoin.edu">http://www.bowdoin.edu</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Please refer to the website for more information.

<b>Name:</b> Career Center
<b>Address:</b> 34 Wing Farm Parkway
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-442-0300 or 1-888-836-3355
<b>FAX:</b> 207-442-0065
<b>WWW Link:</b> <a href="http://www.mainecareercenter.com">http://www.mainecareercenter.com</a>
<b>Proximity to site:</b> 5 miles
<b>Comments:</b> This is the local office for the Maine Department of Labor which provides job search assistance. For full service with a counselor, the customer should be in the center by 1430.

<b>Name:</b> L.L. Bean
<b>POC:</b> Personnel
<b>Address:</b> Casco St
<b>City:</b> Freeport, ME 04033
<b>Phone:</b> 207-865-4761, ext 6333
<b>WWW Link:</b> <a href="http://www.llbean.com">http://www.llbean.com</a>
<b>Proximity to site:</b> 10 miles
<b>Comments:</b> One of the largest employers in the state. They have their main store in Freeport, but have other facilities in Brunswick and Portland.

<b>Name:</b> MBNA
<b>Address:</b> 5 Industrial Parkway
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-798-3503 or 1-800-645-6682
<b>WWW Link:</b> <a href="http://www.mbna.com">http://www.mbna.com</a>
<b>Proximity to site:</b> 3 miles

<b>Name:</b> Mid-coast Hospital
<b>POC:</b> Personnel
<b>Address:</b> 123 Medical Center Drive Cook's Corner
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-0181
<b>WWW Link:</b> <a href="http://www.midcoasthospital.com">http://www.midcoasthospital.com</a>
<b>Proximity to site:</b> 1miles
<b>Comments:</b> This new state-of-the-art hospital just opened in December. MidCoast Hospital is now located just down the road from the Naval Air Station. Please refer to the website for information on directions, services, and more.

<b>Name:</b> Parkview Hospital
<b>POC:</b> Personnel
<b>Address:</b> 329 Maine St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-1641
<b>WWW Link:</b> <a href="http://www.parkviewhospital.com">http://www.parkviewhospital.com</a>
<b>Proximity to site:</b> 2 miles

<b>Name:</b> Spouse Employment Assistance Program
<b>POC:</b> Steve Estes
<b>Address:</b> Fleet and Family Support Center 40 Foxtrot Ave, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> <a href="mailto:EstesS@nasb.navy.mil">EstesS@nasb.navy.mil</a>
<b>Proximity to site:</b> on site
<b>Comments:</b> The SEAP provides assistance to spouses and family members seeking employment. Services provided include resume writing, interviewing preparation, and job referrals.

## Government Employment

CROSS-REFERENCE: Category EMPLOYMENT,  
Subject Area OVERVIEW.

<b>Name:</b> Human Resources Office
<b>POC:</b> Mary Ann Green or Nancy Bates
<b>Address:</b> Hangar 4, 3rd Deck Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2308/2271
<b>DSN Phone:</b> 476-2308/2271
<b>Proximity to site:</b> on site
<b>Comments:</b> The Brunswick local HRO office does not provide full HRO services now that the HROs are regionalized in Philadelphia. However for information concerning job opportunities, you may still contact the local office for further instructions about how to apply for local government jobs.

<b>Name:</b> Maine Job Service
<b>POC:</b> any counselor
<b>Address:</b> 34 Wing Farm Parkway
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-442-0300
<b>Proximity to site:</b> 5 miles

<b>Name:</b> Morale, Welfare, Recreation (MWR)
<b>POC:</b> Personnel
<b>Address:</b> Bldg 211 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2382
<b>DSN Phone:</b> 476-2382
<b>Proximity to site:</b> on site

<b>Name:</b> Navy Exchange
<b>POC:</b> Personnel
<b>Address:</b> 800 Burbank Ave Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2387
<b>DSN Phone:</b> 476-2387
<b>Proximity to site:</b> on site

<b>Name:</b> Office of Personnel Management
<b>Address:</b> 600 Arch St, Room 3256
<b>City:</b> Philadelphia, PA 19106
<b>Phone:</b> 215-597-7035/7440
<b>Proximity to site:</b> approximately 450 miles

## Professional or Occupational Licensing

Contact the following organizations if you are looking for professional or occupational licensing.

<b>Name:</b> Child Care
<b>POC:</b> State of Maine Human Services
<b>City:</b> Augusta, ME 04330
<b>Phone:</b> 207-287-5060
<b>Proximity to site:</b> 31 miles

<b>Name:</b> Cosmetology
<b>POC:</b> State of Maine Cosmetology
<b>City:</b> Augusta, ME 04330
<b>Phone:</b> 207-624-8603
<b>Proximity to site:</b> 25 miles

<b>Name:</b> Home Business
<b>POC:</b> Town or City Manager of your residence

<b>Name:</b> Practical Nurse
<b>POC:</b> State of Maine Nursing Board
<b>Address:</b> 35 Anthony Ave, State House Station 158
<b>City:</b> Augusta, ME 04333
<b>Phone:</b> 207-287-1133
<b>Proximity to site:</b> 31 miles

<b>Name:</b> Real Estate
<b>POC:</b> State of Maine Professional & Financial Regulation Dept
<b>City:</b> Augusta, ME 04330
<b>Phone:</b> 207-624-8603
<b>Proximity to site:</b> 25 miles

<b>Name:</b> Registered Nurse
<b>POC:</b> State of Maine Nursing Board
<b>Address:</b> 35 Anthony Ave, State House Station 158
<b>City:</b> Augusta, ME 04333
<b>Phone:</b> 207-287-1133
<b>Proximity to site:</b> 31 miles

<b>Name:</b> Social Work
<b>POC:</b> State of Maine Counseling Professionals Board
<b>City:</b> Augusta, ME 04330
<b>Phone:</b> 207-624-8603
<b>Proximity to site:</b> 25 miles

<b>Name:</b> Teacher Certification
<b>POC:</b> State of Maine Education Dept
<b>City:</b> Augusta, ME 04330
<b>Phone:</b> 207-287-5944
<b>Proximity to site:</b> 31 miles

## Networking Opportunities

The number one way to get a job is by networking. What is networking? It is using your contacts, be

they family or friends or even acquaintances, to assist you in getting a job. Note that this is use not abuse. Any of these individuals can give you information about job openings where they work or even recommend you for a job to someone they know. They may just give you some insight about a certain position and what it takes to fill the job. They may be able to introduce you to someone who can help you. Anyway others can help you get "your foot in the door" is a great help to you while job hunting. Don't fail to appreciate what others do for you. This applies to spouses or those transitioning out of the service.

Join your professional organizations such as the Non-Commissioned Officers Association (NCOA) for separated or retired enlisted personnel or The Retired Officers' Association (TROA) for officers. If you are a spouse of Active Duty, join your organization such as the professional nurses associations. Your church, civic organizations, etc are good ways to meet people and do some networking. You can and should network even if you are not presently looking for a job. You never know when knowing someone might help you in the future.

## Medical And Dental

### Medical and Dental Overview

The Naval Air Station at Brunswick, Maine has an outpatient clinic on base. There is no inpatient Medical Treatment Facility here or in the general area.

For all new people checking into our base, please stop by or call the Health Benefits Advisor at the Branch Medical Clinic. The HBA has the enrollment forms required for TRICARE Prime. All Active Duty personnel are now on TRICARE Prime and must complete an enrollment/change form.

Members have several options for family medical care coverage: TRICARE Prime, Extra, and Standard or the Uniformed Services Family Health Plan (USFHP) at Martin's Point.

TRICARE Prime members are either treated at the clinic or sent to a local hospital for emergencies. TRICARE Prime members can get X-rays, hearing tests, eye exams, and lab work done at the clinic. TRICARE Standard members may be treated at the Branch Medical Clinic on a space available basis only. Members enrolled in the Martin's Point program are not eligible for care in the Branch Medical Clinic.

For more information about these programs, please refer to the Health Benefits Advisor and the websites listed below. All family members must be enrolled in DEERS to be eligible for a health care plan. The Active Duty member must go to the Personnel Support Detachment (PSD) to ensure that each family member is on the Page 2 in the service record. The Page 2 should be updated anytime there is a change in family status.

The Dental clinic will treat Active Duty in the areas of Endodontics and General Dentistry such as filling and pulling teeth. If any dental specialty is required, member will be referred to nearest specialized dental facility. Family members must be enrolled in the Family Member Dental Program. The Health Benefits Advisor maintains a list of dentists who participate in the TRICARE Active Duty Family Member Dental Plan. Please contact the HBA at the Branch Medical Clinic or refer to the website below for more information.

<b>Name:</b> Branch Medical Clinic
<b>Address:</b> Bldg 645
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2991
<b>DSN Phone:</b> 476-2991
<b>Proximity to site:</b> on site
<b>Comments:</b> Hours are 0700-1600 Monday, Tuesday, Thursday and Friday. Hours on Wednesday are 0700-1200 and 1600-2000. Clinic is closed on holidays.

<b>Name:</b> Health Benefits Advisor
<b>POC:</b> Patricia Tesmer
<b>Address:</b> Branch Medical Clinic, Bldg. 645
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2901
<b>DSN Phone:</b> 476-2901
<b>Proximity to site:</b> on site

<b>Name:</b> Sierra Military Health Services
<b>Address:</b> Fort Andross Bldg 14 Main Street, Suite 104
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 1-800-999-5195
<b>WWW Link:</b> <a href="http://www.sierramilitary.com">http://www.sierramilitary.com</a>
<b>Comments:</b> For information on TRICARE in the Northeast Region, please refer to the phone number or website listed above.

<b>Name:</b> USFHP at Martin's Point Representative
<b>POC:</b> Paul Tysver
<b>Phone:</b> 1-800-322-0280 ext.2767
<b>E-Mail:</b> <a href="mailto:pault@martinspoint.org">pault@martinspoint.org</a>
<b>WWW Link:</b> <a href="http://www.martinspoint.org">http://www.martinspoint.org</a>

<b>Name:</b> United Concordia Dental Program
<b>WWW Link:</b> <a href="http://www.unitedconcordia.com">http://www.unitedconcordia.com</a>
<b>Comments:</b> For information about the TRICARE Dental Program, please refer to the Health Benefits Advisor at the Branch Medical Clinic or the website listed above.

### Medical Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
Appointments		888-999-5195
Business/Managed Care		207-921-2991
Dental Clinic		207-921-2530
Duty Office (clinic)		207-921-2991
Emergency-Ambulance Service - base housing		911
Emergency-Ambulance Service on base		207-921-3333
Family Advocacy (FFSC)		207-921-2411
Health Benefits Advisor		207-921-2991
Information		207-921-2991

### Health Benefits Advisor, Wellness, and CHAMPUS/TRICARE Programs

The Branch Clinic offers the services of doctors, a pediatrician, three P.A.'s, and four flight surgeons for the squadrons. Optometry, physical exams, immunization, physical therapy, pharmacy, medical records office, managed care, occupational health, lab, x-rays are all available.

Patients are seen by appointment only (this cuts down on confusion and is more efficient). Please make sure that you are on time for your appointment arriving 20 minutes early. The telephone number for routine appointments is 1-888-999-5195 during clinic hours. If you should get sick after hours, call the Chief of the Day at 207-921-2991. A Nurse Advice Line is available at 1-800-308-3518. Should you have an emergency which is life or limb threatening, please go the nearest emergency room and call the toll free number and the Chief of the Day. The clinic needs to put a referral in for your care so the bill gets paid. Please make sure if you need a medical record for an appointment out in town on Friday that you pick it up before 1300 on Thursday.

There is another designated provider of TRICARE Prime that family members may choose - The Uniformed Services Family Health Plan (USFHP) at Martin's Point. Martin's Point has a facility in Brunswick providing family practice and pediatric Primary Care Providers (PCPs), on-site lab, Health Education Classes, as well as other services. Martin's Point has a network of over 105 PCPs, over 600 specialists, and 9 hospitals throughout Maine and New Hampshire. For more information, please refer to the website listed below.

Remember to call the Health Benefits Advisor to request information for Martin's Point and/or TRICARE.

<b>Name:</b> Health Benefits Advisor
<b>POC:</b> Patricia Tesmer
<b>Address:</b> Branch Medical Clinic Bldg 645, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2991
<b>DSN Phone:</b> 476-2991
<b>Proximity to site:</b> on site
<b>Comments:</b> Clinic hours are Monday, Tuesday, Thursday and Friday from 0700-1600, and Wednesday from 0700 to 1200 and 1600-2000. The clinic is closed on holidays.

<b>Name:</b> The Uniformed Services Family Health Plan (USFHP) at Martin's Point
<b>Address:</b> 6 Farley Road Cook's Corner
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-8079 or 1-800-479-8079
<b>WWW Link:</b> <a href="http://www.martinspoint.org">http://www.martinspoint.org</a>
<b>Comments:</b> Open for appointments Monday thru Friday 7am-6pm, Saturday 10am-2pm, and Sunday 10am-2pm (pediatrics). Martin's Point has a network of over 105 PCPs, over 600 specialists, and 9 hospitals throughout Maine and New Hampshire. For more information, please refer to the website.

## Community Hospitals

There are several options for medical care outside of the Naval Air Station. Those options are listed in Record Listing.

<b>Name:</b> Martin's Point Brunswick Health Care Center
<b>POC:</b> USFHP Representative
<b>Address:</b> 6 Farley Road Cook's Corner
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 1-800-241-4556
<b>E-Mail:</b> <a href="mailto:usfhp@martinspoint.org">usfhp@martinspoint.org</a>
<b>WWW Link:</b> <a href="http://www.martinspoint.org">http://www.martinspoint.org</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> A US Family Health Plan (USFHP) Representative will be available at this Martin's Point Center on the 1st and 3rd Tuesday of the month from 10am-2pm to assist with understanding plan benefits, personal physician selection, cost comparisons, and completing an enrollment form.

<b>Name:</b> Mid Coast Health Care Center
<b>POC:</b> Admin Office
<b>Address:</b> 1356 Washington St
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-5524
<b>Proximity to site:</b> 5 miles
<b>Comments:</b> This is an Urgent Care clinic open from 8am-8pm.

<b>Name:</b> Mid Coast Hospital
<b>Address:</b> 123 Medical Center Drive Cook's Corner
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-0181
<b>WWW Link:</b> <a href="http://www.midcoasthealth.org">http://www.midcoasthealth.org</a>
<b>Proximity to site:</b> 3 miles
<b>Comments:</b> Mid Coast Hospital recently moved to a new facility at Cook's Corner in Brunswick. For more information, please refer to the website.

<b>Name:</b> Parkview Hospital
<b>Address:</b> 329 Maine Street
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-373-2000
<b>WWW Link:</b> <a href="http://www.parkviewhospital.org">http://www.parkviewhospital.org</a>
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> For more information, please refer to the website.

## Dental Services/Directory - on Installation

If a dental emergency occurs during the normal working hours, call the emergency number listed. If the emergency occurs after normal working hours, call the Officer of the Day at the NASB who will give appropriate directions. For normal appointments, call the central appointment number listed. The DSN number is (476).

### Dental Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
Branch Medical	Health Benefits Advisor	207-921-2991
Dental Clinic		207-921-2530
Dental Clinic	Admin Office	207-921-2450
Dental Clinic (after hours emergency)	Chief of the Day (Branch Medical Duty Office)	207-921-2991
Dental Clinic (after hours emergency)	Officer of the Day (NASB Quarterdeck)	207-921-2214

### Family Member Dental Plan

For more information on this subject:  
 United Concordia TRICARE Dental Program  
<http://www.unitedconcordia.com/>

The family member dental plan is called United Concordia TRICARE Active Duty Family Member Dental Plan. The monthly premium for an individual enrollment is \$8.53. The monthly premium per family is \$21.33. There is a limit of \$1000 per contract year. The plan pays for 100% of cleaning, 80% for fillings, 60% for oral surgery, and 50% for crowns. Of course, this applies only to those participating dentists. The Dental Clinic and the HBA maintain an updated list of dentists who are participating. It is important to know that General Anesthetic is not covered in the plan. There is a \$1200 life-time limit on braces for family members 19 years old and under. This limit will be paid in installments and there are payment plans available.

For information concerning the dental plan, call the HBA at 207-921-2991 or DSN 476-2991.

<b>Name:</b> Health Benefits Advisor
<b>POC:</b> Patricia Tesmer
<b>Address:</b> Branch Medical Bldg 645, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2991
<b>DSN Phone:</b> 476-2991
<b>Proximity to site:</b> on site

<b>Name:</b> United Concordia TRICARE Dental Program
<b>Phone:</b> 1-800-866-8499
<b>WWW Link:</b> <a href="http://www.unitedconcordia.com">http://www.unitedconcordia.com</a>
<b>Comments:</b> Customer Service telephone inquiries available 7PM Sunday - 8PM Friday, ET.

### Housing

#### Housing Overview

For more information on this subject:  
 Brunswick PCS House website  
<http://www.housing.navy.mil>

**\*\*NAS Brunswick is a Critical Housing Area for E1-E6\*\***

If you are coming to Brunswick with a family, it is highly recommended that you use your sponsor's help to locate a place to live. If you do not have a sponsor, contact your command to have one assigned to you.

It is very important that you check in with the Brunswick Housing Office as soon as you arrive, even if you do not plan to live in government housing. If possible, we strongly urge you to not bring a family until you have arranged for suitable housing. Base housing can be a long wait. There is no temporary housing available. Apartments and housing in the community is limited, expensive, and often difficult to find. We do not have the large apartment complexes that are found in larger cities which some people expect to find. Apartment complexes here are small and few.

**\*Apartment guides do not exist for the Brunswick area!!\***

Also, keep in mind that Maine has a long, cold winters and short, (usually) mild summers. Air-conditioning is not common. Most homes have small rooms, so large pieces of furniture such as king-sized beds, big headboard units, and large living room sets may not fit well. Pets can pose a problem also. Rentals which allow pets, especially dogs, are limited.



Please refer to the Housing Office's PCS House website for the most up-to-date housing information in the Brunswick area. Suitable housing can be found, but it may take some extra time and planning!

<b>Name:</b> Housing Referral Office
<b>Address:</b> Building 211
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2370/2510
<b>DSN Phone:</b> 476-2370
<b>WWW Link:</b> <a href="http://www.housing.navy.mil">http://www.housing.navy.mil</a>
<b>Proximity to site:</b> on site
<b>Comments:</b> Check in with the Housing office as soon as you arrive in Brunswick. The following is another number for housing: 1-800-772-8312

<b>Name:</b> Portland Press Herald
<b>WWW Link:</b> <a href="http://www.portland.com">http://www.portland.com</a>
<b>Comments:</b> This website links to the Portland papers.

<b>Name :</b> Sun Journal
<b>WWW Link:</b> <a href="http://www.sunjournal.com">http://www.sunjournal.com</a>
<b>Comments:</b> This is the paper for the Lewiston/Auburn area.

<b>Name:</b> Times Record
<b>WWW Link:</b> <a href="http://www.timesrecord.com/website/main.nsf/vwHome/Home">http://www.timesrecord.com/website/main.nsf/vwHome/Home</a>
<b>Comments:</b> Times Record is the Brunswick paper. It has Monday thru Friday papers. Friday is a weekend edition.

## Housing Allowances

2003 Basic Allowance For Housing Rates (BAH)

### WITH DEPENDENTS WITHOUT

E-1	\$763.00	\$555.00
E-2	763.00	555.00
E-3	763.00	555.00
E-4	763.00	555.00
E-5	843.00	642.00
E-6	1012.00	695.00
E-7	1045.00	769.00
E-8	1081.00	876.00
E-9	1148.00	929.00

01E	\$1052.00	\$843.00
02E	1097.00	917.00
03E	1176.00	1012.00

0-1	\$862.00	\$684.00
0-2	1008.00	815.00
0-3	1101.00	951.00
0-4	1266.00	1048.00
0-5	1382.00	1070.00
0-6	1393.00	1103.00
0-7	1410.00	1125.00

W-1	\$1013.00	733.00
W-2	1060.00	875.00
W-3	1103.00	934.00
W-4	1165.00	1020.00
W-5	1236.00	1053.00

## Housing Allowances

Housing allowance information is available from the Per Diem, Travel and Transportation Allowance Committee's Web Site:	
Rates and Allowances Home Page	<a href="http://www.dtic.mil/perdiem/rateinfo.html">http://www.dtic.mil/perdiem/rateinfo.html</a>
Basic Allowance for Housing	<a href="http://www.dtic.mil/perdiem/bah.html">http://www.dtic.mil/perdiem/bah.html</a>
Overseas Housing Allowance	<a href="http://www.dtic.mil/perdiem/aloooha.html">http://www.dtic.mil/perdiem/aloooha.html</a>

## Government Housing

Application must be made on DD 1746 and must be submitted to the Family Housing Office with a complete copy of orders and a page two by mail, FAX, or in person. Application may be made anytime following receipt of permanent change of station orders, but placement on the waiting list (effective date of application) will be member's detachment date from his previous duty station or

date reporting to local command if this is your first permanent duty station. If application is received 30 days after reporting to new permanent duty station, the effective date of application will be the date the application is received by the housing office.

Enlisted Housing:

Category                      638 Units

BEQ 880 Beds

Officer Housing:

Category 118 Units

BOQ 74 Rooms

Mobile Home Spaces: 28

<b>Name:</b> Housing Referral Office
<b>Address:</b> Building 211
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2370/2524/2510
<b>DSN Phone:</b> 476-2370/2524/2510
<b>WWW Link:</b> <a href="http://www.housing.navy.mil">http://www.housing.navy.mil</a>
<b>Proximity to site:</b> on site
<b>Comments:</b> Toll Free number 1-800-772-8312

<b>Name:</b> Naval Air Station
<b>POC:</b> Billeting Office
<b>Address:</b> NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> see comments
<b>Proximity to site:</b> on site
<b>Comments:</b> BEQ 207-921-2245 or DSN 476-2245 BOQ 207-921-2408 or DSN 476-2408  open 24 hours

<b>Name:</b> Navy Lodge
<b>Address:</b> Building 31 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2206 or 725-6268
<b>DSN Phone:</b> 476-2206
<b>Proximity to site:</b> 3 miles
<b>Comments:</b> 1-800-628-9466. Check in is between 1500-1800. If arrival will be between 0800-2000, a room can be reserved on a credit card. If pickup of key is after 2000, the Quarterdeck will have the key.

## Community Housing

Brunswick is a Critical Housing Area for E1-E6. Have your sponsor help you in your search for housing. There are no apartment rental guides for the Brunswick area.

If you want to look at the housing market (renting or buying) in the Brunswick area, make sure that you check with the Housing Office to insure that you have all the correct information. The housing office has listings of properties to rent or buy and they can better direct you about how to go about finding a place. The Housing Referral Office number is 207-921-2524, DSN 476-2524, or 1-800-772-8312.

<b>Name:</b> Housing Referral Office
<b>Address:</b> Building 211 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-
<b>DSN Phone:</b> 476-2370/2524/2510
<b>WWW Link:</b> <a href="http://www.housing.navy.mil">http://www.housing.navy.mil</a>
<b>Proximity to site:</b> on site
<b>Comments:</b> Please refer to the Housing Referral Office or the PCS House website for the most accurate information.

## Utilities

There are hook-up fees required in some cases before utility companies will connect you. Included below are the latest charges. Please call for yourself to verify charges before you ask for utility hookup to ensure that rates have not changed.

<b>Name:</b> Bath Water District
<b>Address:</b> 1 Lambard St
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-2391
<b>Comments:</b> Rate-Cost: from 1-300 cu ft is \$31.36 (minimum charge), billed quarterly \$1.60 per 100 cu ft above the basic 1-300 cu ft rate. Therefore, \$42.56 for 1000 cu ft water No hook-up fee

<b>Name:</b> Bell Atlantic telephone
<b>Address:</b> 5 Davis Farm Rd
<b>City:</b> Portland, ME 04103
<b>Phone:</b> 1-800-585-4466 or out of state 800-998-7540
<b>Proximity to site:</b> 26 miles
<b>Comments:</b> Rate-Cost: \$12.11 per month (regular residential) plus mandatory \$3.50 federal charge (therefore \$15.61 per month). Minimum installation fee-\$44.75. Helpful to have prior tenant's name.

<b>Name:</b> Brunswick/Topsham Water District
<b>Address:</b> Old Lewiston Rd
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-729-9945
<b>Proximity to site:</b> 3 miles
<b>Comments:</b> Rate-Cost: 23.25 per 1,000 cubic ft billed quarterly. \$10.00 account transfer fee. No hook-up or deposit fee required

<b>Name:</b> Central Maine Power
<b>Address:</b> Bath Rd
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 1-800-750-4000
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Rate-Cost: for first 300 kilowatts, 11.84 cents over 300 kilowatts, 14.45 cents Hook-up fee: \$14.00 No deposit required

<b>Name:</b> Susquehanna Communications
<b>Address:</b> 336 Bath Rd
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-6663
<b>Proximity to site:</b> 2 miles
<b>Comments:</b> Rate-Cost: \$40.00 for initial installation of cable \$19.89 to reactivate the basic service where cable is already installed Additional costs for programs desired

## Relocation Services

### Relocation Services Overview

Are you going to move soon? Here are just a few of the questions you'll have to answer - Where will I live? What will my housing costs be? What about my pet? Where will my children go to school? Will my spouse be able to find employment? What about child care?

Many Fleet and Family Support Center Relocation Programs conduct a PCS program to assist members and their families to make a "smooth move" to their new duty station. Call the Relocation Specialist at your present duty station to see if one is offered and, by all means, attend with your spouse. Many of those questions will be answered or at least you will know where to get the answers.

Relocation is the business of the Navy. It can be stressful. Decisions must be made and the choices

can have significant effects on your life. You need accurate, timely information to make these decisions. Contact your Relocation Counselor at your present duty station to prepare for your move and contact your Relocation Counselor at your new duty station to help you and your family make these all important decisions.

<b>Name:</b> Relocation Assistance
<b>POC:</b> Mary Hipkins
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> hipkins@nasb.navy.mil

### Relocation Assistance

Rather than leave all your moving issues to chance, plan well ahead of time to use the facilities available to you to plan your relocation. There is a Relocation Counselor at your installation that is there to help you with any of your relocation issues. Call them. As soon as orders are received, see the Relocation Counselor and set up either an individual session to get you started or sign up for the classes available to help you plan your move. You should start planning at least 3 months prior to the PCS. You will need that time to make a smooth move.

Be sure that you have saved some money for the move. Military members spend an average of \$800 out of their own pocket every time they move. Be prepared.

Keep in mind that all your family is moving so everyone needs to be involved. Call your Relocation office to assist you.

<b>Name:</b> Relocation Assistance
<b>POC:</b> Mary Hipkins
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> hipkins@nasb.navy.mil

## In Transit Emergencies

No matter how well you've planned, emergencies do happen. What should you do in case of emergency while you are traveling? Call your sponsor and your new command. Insure that they know where you are and what the situation is. In order to do this, you must keep all the new telephone numbers with you.

Depending on how serious the emergency is, contact the American Red Cross. They are always available for emergency aid anywhere you may be. Contact the nearest chapter (phone numbers are usually listed in the white pages of the local phone directory). They can sometimes help with emergency financial assistance and contact individuals that will need to know where you are and what's happening.

Call your immediate family (mom and dad) to let them know the situation.

Make preparations before you leave to insure that your automobile is in good mechanical order. Make sure that you have an emergency first aid kit with you for minor emergencies. Plan for the unexpected and it probably won't happen.

## Financial Preparedness

Each command has a Command Financial Specialist trained to assist you with financial matters. The program provided to them emphasizes personal financial responsibility and accountability by providing basic principles and practices of sound money management, counseling tools and referral services. The specialists are your best tool if you need help with financial matters.

Many of the FFSC's also have financial specialists. If your command, does not have a financial specialist, check with the Fleet and Family Support Center. The Navy/Marine Corps Relief Society also does financial counseling.

If you do not have any immediate financial problems but are concerned with having a proper budget, those financial specialists already mentioned can help you get started. The FFSC's have classes on financial management/budgeting.

Whatever you do or need, be sure that you have a savings account in which you routinely save. The easiest way to save is by using an automatic withdrawal from your check to the savings account. That way, you never see the money and never miss it while your savings account continues to grow.

<b>Name:</b> Personal Financial Manager
<b>POC:</b> Steve Estes
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> EstesS@nasb.navy.mil

## Exceptional Family Member Program (EFMP)

For more information on this subject:

EFM Website sponsored by the Department of Defense

<http://www.efmconnections.org>

The EFM Program is a mandatory enrollment program per OPNAVINST 1754.2 (series) that identifies long term medical and special educational needs of family members and ensures assignment consideration of those needs when transferring. To ensure special needs of family members are considered during assignment process, service members are required to enroll when the special needs are identified or at least nine months prior to Projected Rotation Date (PRD). This provides your detailer time to work your next assignment and consider your family member's special needs as well as your career needs and the Navy's needs. This program is open to any authorized family member who meets the following criteria: Physical, emotional, or other disability, and /or long term chronic illness, and /or long term special education needs, enrolled in DEERS, residing with sponsor.

<b>Name:</b> Exceptional Family Member Program
<b>POC:</b> HM3 Johnson
<b>Address:</b> Branch Medical Clinic Bldg 645, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2991
<b>DSN Phone:</b> 476-2991
<b>WWW Link:</b> <a href="http://www.efmconnections.org">http://www.efmconnections.org</a>
<b>Comments:</b> ** The phone number listed is an automatic answering system. The EFM Program is not on the list of choices, so you must ask the Chief of the Day to connect you with the EFM Coordinator.  Contact the Branch Medical EFM Coordinator for any questions about the EFM program, enrollment, necessary paperwork, EFM classifications, or paperwork retention.

<b>Name:</b> Information & Referral
<b>POC:</b> Ruth Finkle
<b>Address:</b> Fleet & Family Support Center 400 Foxtrot, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> <a href="mailto:finkle@nasb.navy.mil">finkle@nasb.navy.mil</a>
<b>Comments:</b> For help finding the appropriate resources for an Exceptional Family Member, contact the Information and Referral Specialist at the FFSC.

## Household Goods In-Bound Shipments

For more information on this subject:  
<http://www.hanscom.af.mil/JPPSO>

Contact the Joint Personal Property Shipping Office (JPPSO)- Massachusetts as soon as possible after your arrival, even though you may not yet know the delivery address for your household goods. The JPPSO needs a telephone number and address where you can be reached. As soon as you have delivery address for your household goods, provide this information to the JPPSO. If at all possible, accept delivery of your personal property as soon as it arrives. This will prevent additional handling and reduce the opportunity for possible loss or damage. It will also reduce or eliminate storage expenses.

<b>Name:</b> Joint Personal Property Shipping Office (JPPSO) - Massachusetts
<b>POC:</b> Household Goods - In-Bound
<b>City:</b> Chelmsford, MA
<b>Phone:</b> (781)377-7627 or 800-235-7776
<b>FAX:</b> (781)377-7650
<b>DSN Phone:</b> 478-7627
<b>DSN FAX:</b> 478-7650

## Household Goods Out-Bound Shipments

For more information on this subject:  
<http://www.hanscom.af.mil/JPPSO>

Generally, at Permanent Change of Station (PCS) the arrangement of household goods begins once the service member receives orders from the Personnel Support Detachment (PSD) and a destination site has been determined. Specific arrangements for personal shipments normally begin at the JPPSO. Each pay grade has its own weight allowance which is the maximum weight that can be moved at government expense under the Joint Federal Travel Regulation (JFTR). The allowance includes the weight of household goods shipped, placed in storage or sent as unaccompanied baggage. Anything exceeding the maximum weight allowance must be paid by the service member. All shipments can be weighed before destination delivery and can be coordinated with the local transportation office.

**DOCUMENTS NEEDED:** One (1) copy of orders is needed for each shipment done by the government and 3 copies for each shipment done as a DITY (Do It Yourself) move (and amendments, if any). Service members can appoint someone to conduct their shipment plans for them. This appointment must be in writing, (Power of Attorney).

**SHIPMENT ITEMS:** household furnishings, appliances, equipment, clothing, personal effects, professional books and papers.

Be sure to set up a counseling appointment with your JPPSO once new PCS orders are in hand for a smooth coordination of all shipment arrangements.

<b>Name:</b> JPPSO (Brunswick)
<b>POC:</b> Household Goods-Out-bound
<b>Address:</b> Bldg 211, 550 Neptune Dr, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> (207)921-2221/2212/2247
<b>FAX:</b> (207)921-2149
<b>DSN Phone:</b> 476-2221/2212/2247
<b>Comments:</b> For more detailed information stop by our personal property office for a copy of the "It's Your Move" booklet.

## Household Goods Claims

If you discover loss or damage upon delivery, you are required to list the loss or damage on the "Joint Statement of Loss or Damage at Deliver" (DD Form 1840). The carrier or the carrier's representative will provide you with this form at the time of delivery. This form is to be completed jointly by you and the carrier or carrier's representative who is delivering the shipment. The DD Form 1840 serves as a notice to the carrier of loss or damage and a receipt of delivery.

If you discover additional loss or damage not annotated on the DD Form 1840, you must use the "Notice of Loss or Damage" (DD Form 1840-R) on the reverse of the DD Form 1840. You have up to 70 DAYS to inspect your property and record all loss or damage. In all instances, the completed DD Forms 1840/1840R must be delivered to your local claims office NO LATER than 70 days from date of delivery. Failure to deliver the form or list all items MAY RESULT IN A REDUCTION of the amount payable on your claim.

You have two years from the date your shipment was delivered to file your claim against the government. However, to assure prompt settlement, claims should be filed as soon as the damage or loss is apparent. Bear in mind that you cannot legally receive double payment for the same damage. Should this happen, you would be responsible for returning any overpayment to the government.

If you sustain property loss or damage, promptly contact the claims office for assistance. You must allow both the government and the carrier to inspect the damage if either requests to do so. Do not dispose of damaged items until the damage has been inspected by all proper parties or you have been notified to dispose of it. In the case of mildew or smoke-damage, you may be required to keep the articles until your claim is settled, at which time

some items may have to be disposed of through salvage channels. Your claims representative can advise you.

<b>Name:</b> Claims
<b>POC:</b> Household Goods - Claims Office
<b>Address:</b> Bldg 250, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2318
<b>DSN Phone:</b> 476-2318

## Household Goods Weight Allowances

Your weight allowance is the maximum weight that can be moved at government expense under the Joint Federal Travel Regulations. Related to your pay grade (please contact the JPPSO for exact weights), this allowance includes the weight of household goods you ship, place in storage or send as unaccompanied baggage.

You, not JPPSO or carrier, are responsible for staying within this weight allowance. If the weight of items packed, shipped or stored exceeds that amount, you must pay all charges connected with the excess weight.

For this reason, estimating the weight of your household goods is very important. Estimates should start early, even before you visit JPPSO to set up the move. You should make the first estimate because the counselor at JPPSO will ask you how much weight you will be shipping.

An easy and fairly dependable method for making this estimate is to figure 1,000 pounds per room (not including bathrooms) and then add the estimated weight of large appliances and items in the garage, storage rooms, basement, etc.

As a double check later in the movement process, count the number of items on the inventory form used by the carrier. Then multiply the number by 40 pounds. This is another rule-of-thumb method for estimating the weight of your shipment.

If, while your goods are being packed and loaded, there is evidence that the shipment will exceed your weight allowance, you may want to call JPPSO. People there can estimate the costs associated with your excess weight. This way you will be somewhat prepared for charges you will have to pay. If you are separating from the service and will not remain in a pay status, excess cost must be paid in advance of this shipment.

In some overseas areas, administrative weight allowances are set on the amount of household goods that can be shipped at government expense. If you are being provided government furniture, for example, the government will not pay to ship your full JFTR weight allowance there. If you are affected by an administrative weight allowance, the counselor

at JPPSO will let you know how many pounds you can ship.

If you are an E4 with less than 2 years in grade, you can ship 7000 lbs. if you have dependents and 3500 if you do not have dependents. The schedule in the record listings assumes that the E4 has over 2 years in grade.

### Household Goods Weight Allowances

<i>Grade</i>	<i>Allowance w/Dependents</i>	<i>Allowance wo/Dependents</i>
E1	8000 lbs	5000 lbs
E2	8000 lbs	5000 lbs
E3	8000 lbs	5000 lbs
E4	8000 lbs	7000 lbs
E5	9000 lbs	7000 lbs
E6	11,000 lbs	8000 lbs
E7	12,500 lbs	10,500 lbs
E8	13,500 lbs	11,000 lbs
E9	14,500 lbs	12,000 lbs
W-1	12,000 lbs	10,000 lbs
W-2	13,500 lbs	12,500 lbs
W-3	14,500 lbs	13,000 lbs
W-4	17,000 lbs	14,000 lbs
O-1	12,000 lbs	10,000 lbs
O-2	13,500 lbs	12,500 lbs
O-3	14,500 lbs	13,000 lbs
O-4	17,000 lbs	14,000 lbs
O-5	17,500 lbs	16,000 lbs
O-6+	18,000 lbs	18,000 lbs

### POV In-Bound Shipments

You are allowed to ship one privately owned vehicle (POV) at government expense to or from an overseas area when permitted (some overseas areas restrict shipment of POVs). The entitlement to ship an otherwise eligible POV from overseas to the United States is not dependent on whether a POV was shipped to the overseas area. The entitlement to ship a POV to the overseas area and the entitlement to ship a POV from the overseas area are separate. For the purpose of this shipment, a POV is a vehicle owned by the member or a dependent of the member (member must show proof of ownership/registration or lease agreement) that: Is self-propelled; is required to be licensed to travel overland on public highways; has four or more wheels; and is designed to carry passengers or property. Be sure to check with your transportation office about shipment of your vehicle back to the US.

POV in-bound shipments are handled at the Port of Embarkation

### POV Out-Bound Shipments

For more information on this subject:  
<http://www.hanscom.af.mil/JPPSO>

You are allowed to ship one privately owned vehicle (POV) at government expense to or from an overseas area when permitted (some overseas areas restrict shipment of POVs). The entitlement to ship an otherwise eligible POV from overseas to the United States is not dependent on whether a POV was shipped to the overseas area. The entitlement to ship a POV to the overseas area and the entitlement to ship a POV from the overseas area are separate. For the purpose of this shipment, a POV is a vehicle owned by the member or a dependent of the member (member must show proof of ownership/registration or lease agreement) that: Is self-propelled; is required to be licensed to travel overland on public highways; has four or more wheels; and is designed to carry passengers or property. At the option of the member shipping a vehicle overseas, a motorcycle or moped may be considered a POV if the member does

not ship a vehicle with four or more wheels under the same set of military orders. The government will not ship a vehicle intended for commercial use, nor will it pay all shipping charges for vehicles exceeding 20-measurement tons (800 cubic feet) in size. (The length multiplied by the width multiplied by the height {all in feet} and the total divided by 40 gives measurement tons). A member who ships a vehicle exceeding this size must pay the excess shipping charge. Before you make a firm decision to ship a POV overseas, investigate area requirements, insurance costs and maintenance availability. A vehicle under a long-term lease (12 months or longer) may be shipped if you obtain written permission from the leasing company. These facts will help you determine whether or not you should ship a POV. Some countries have laws limiting certain characteristics (color, and optional equipment, including citizen band radios, for example) of POVs that may be brought into that country. Overseas commanders and/or service policy also restricts POV shipment to some countries. It is wise to get this information as soon as possible after receiving overseas orders. In this way you will have time to assure that your vehicle meets all necessary requirements. Contact your sponsor and JPPSO to find out if there are any special requirements.

<b>Name:</b> JPPSO
<b>POC:</b> Household goods-POV out-bound
<b>Address:</b> Bldg 211, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2212
<b>DSN Phone:</b> 476-2212
<b>Comments:</b> For more detailed information, stop by our Personal Property Office for a copy of the "Shipping Your POV" booklet.

## POV Claims

When you arrive, contact our claims Office for information and assistance on completing your claim for your POV.

<b>Name:</b> Claims
<b>POC:</b> POV claims
<b>Address:</b> Bldg 250
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2318
<b>DSN Phone:</b> 476-2318

## Pet Boarding/Kennels

There are several kennels in the Brunswick area specifically for boarding your pets. The local Veterinary clinics board animals as well. If you are bringing your pet with you to the Naval Air Station, contact your sponsor about pet services or call the Army Veterinarian at the Vet clinic to find out information and restrictions. Since rabies has entered Maine, it is wise to have your pets inoculated against rabies and if the pet stays outdoors, against the other possible animal diseases.

<b>Name:</b> Vet Clinic
<b>Address:</b> Bldg 592
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-8450 or 207-921-1386
<b>DSN Phone:</b> 476-1386
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/vet%20clinic.htm">http://mwr.nasb.navy.mil/vet%20clinic.htm</a>
<b>Comments:</b> Veterinary services are by appointment. Call the Vet clinic for suggested kennels. Hours of operation are 0800-1400, M-F

## Pet Licensing

All cats and dogs brought into the state of Maine with a military member must have a rabies certificate. Certificate is good for 2 years and if someone has a pet inoculated well within the 2 years and has proof, the Vet clinic will write a Maine transfer certificate to take to the local town office to get a license. If the certificate is close to 2 years old, you must get your pet vaccinated by the Vet. With certificate in hand, the member will go to his/her local town office to get the license. If the animal has been neutered, the license costs \$4.00. If the animal has not been neutered, the license costs \$7.50. The rabies vaccination is \$3.00 from the Army Vet.

<b>Name:</b> Pet License
<b>POC:</b> Town office in city of residence



<b>Name:</b> Vet Clinic
<b>Address:</b> Bldg 592 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-8450 or 207-921-1386
<b>DSN Phone:</b> 476-1386
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/vet%20clinic.htm">http://mwr.nasb.navy.mil/vet%20clinic.htm</a>
<b>Comments:</b> Hours of operation are 0800-1400, M-F

## Pet Quarantines

There are no quarantines required in the state of Maine

## Veterinary Services

For more information on this subject:

MWR Vet Services

<http://mwr.nasb.navy.mil/vet%20clinic.htm>

The Veterinary Clinic is run by the Army and is located on the Naval Air Station. You must make an appointment to have your animal treated by the Vet. Hours of operation are 0800-1400 M-F. There are numerous other veterinarians in the area which can be located in the yellow pages of the telephone book.

<b>Name:</b> Vet Clinic
<b>Address:</b> Bldg 592 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-8450 or 207-921-1386
<b>DSN Phone:</b> 476-1386
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/vet%20clinic.htm">http://mwr.nasb.navy.mil/vet%20clinic.htm</a>
<b>Comments:</b> Hours of operation are 0800-1400 M-F.

## Pet Transportation

Once you have decided that an animal is going to be your traveling companion, plan for your pet's trip in the same way you plan your own -- well in advance.

**PET HEALTH** - Nothing can waylay a trip with an animal faster than a health problem, and your pet's well-being should be of primary importance to you. Your pet will be subjected to conditions guaranteed to cause stress to your animal. A clean bill of health is an important first step in assuring your pet's ability to adjust safely to unfamiliar surroundings. In addition, most states and countries require recent health certificates and disease inoculation

documentation before you will be allowed to cross borders, making a trip to the veterinarian mandatory. Even if you are traveling within your own state boundaries, it is a good idea to have your pet examined and inoculated. Your pet will be "out of his own backyard" and subject to contact with unknown animals. His chances of contracting disease or infection greatly increase. Have your pet examined by a licensed veterinarian, preferably one who has cared for the animal on a regular basis. Ask the doctor to prescribe a motion sickness pill or sedative as a preventive measure. Don't tranquilize your animal automatically. Sedated animals are more likely to develop problems. (Note: Motion sickness pills are preferable to tranquilizers.) NEVER give your pet tranquilizers without your vet's approval and NEVER give an animal any medication that has been prescribed for human use. Avoid traveling with an animal during extreme weather. Exceptionally cold or hot weather can result in hyper- and hypothermia, heart failure, even death. During summer months, schedule travel for early morning or evening hours.

**IDENTIFICATION** - A disaster in the making is a pet in transit without identification. Dogs break free from leashes. Cats dash out of cages cracked open for just a second. The opportunities for pets being separated from their owners are numerous. Avoid the potential loss of a beloved pet by purchasing a comfortable collar (elastic for cats) for your pet bearing complete identification tags. The information should include your pet's name, your name, address and phone number. A license tag is also necessary and can be obtained from your local humane organization. (If your pet is a cat who has never worn a collar, allow time for the cat to become accustomed to wearing something around his neck.) As an additional safeguard, you may want to consider tattooing as a permanent form of identification. Your pet can have a number (your social security number, for example) tattooed on the inside of his or her flank. then, if your pet breaks free of both carrier and collar, he can still be positively identified.

**CARRIERS** - The carrier in which your pet will be spending most of his trip is of the utmost importance. In fact, the Animal and Plant Health Inspection Service (APHIS) has very specific regulations for cages/crates used to transport animals interstate or internationally. **SIZE:** Your pet must have room to turn freely while in a standing position and be able to use normal movements in order to stand erect or lie down in a natural position. Five typical sizes (approximate) are--12" wide x 20" deep and 15" high which is good for most cats and small breeds of dogs; 17" wide x 24" deep x 20" high, for medium size

dogs such as Poodles, Beagles, Pekinese, Dachshunds and large cats: 21" wide x 30" deep x 24" high for slightly larger dogs such as Shelties, Bulldogs, Cocker and English Springer Spaniels; 23" wide x 35" deep x 26" high good for medium large dogs such as Dobermans, Irish Setters, Golden and Labrador Retrievers, Dalmatians, Standard Poodles, Collies, Boxers and German Shepherds; 26" wide x 42" deep x 30" high which can comfortably contain large dogs such as Weimaraners, Afghans, Malamutes and Old English Sheep Dogs. For very large dogs such as Mastiffs, Great Danes, probably have to be specially made.

**CONSTRUCTION:** Crates should be constructed of metal, wood or heavy plastic of sufficient strength to withstand the rigorous handling it will receive while your animal is in transit.

The carrier must have a solid bottom to prevent leakage. Line the bottom with shredded paper or other absorbent material.

APHIS ventilation requirements state that two walls of a carrier are solid, 16 percent of the surface area of the solid walls must be used for ventilation. If three walls are solid and the fourth is screened, one of the solid walls must have at least some of its surface ventilated. When all four sides are enclosed, at least 8 percent of the surface area of each will be used for ventilation with at least one-third of the upper section and one-third of the lower section ventilated.

**MISCELLANEOUS:** A container for water should be secured to the inside of the carrier positioned so that it can be filled without opening the cage. (Recommend a drip bottle as opposed to an open bowl.)

There is a limit to the number of animals permitted per carrier. No more than one adult dog or cat or no more than two puppies or kittens under six months of age or over 20 pounds are allowed in a carrier. (Some exceptions are permitted depending on size of the carrier.)

Carriers must be clearly marked "LIVE ANIMALS" and "THIS END UP" in letters at least 1" high. You should also have both your and the animals identification and destination secured to the outside of the carrier.

Include a familiar blanket and a favorite toy in the carrier. It will make your pet more comfortable and less frightened. **NOTE:** Airlines are a good place to

purchase carriers that meet all requirements, and they are generally cheaper than if purchased at a pet store.

**HOUSING:** If you and your pet plan to stay in a hotel, motel or inn, call in advance to check if pets are allowed and to make reservations. It is not a good idea to try and "sneak" a pet in or announce upon your arrival that the reason you need a double room is that your Great Dane is staying with you. You and your pet could be left without a place to stay. (Gaines Pet Foods Corporation publishes "Touring with Bowser", a directory of domestic hotels and motels that accommodate guests with dogs. It is available for a nominal fee by writing to Gaines TWT, P.O. Box 5700, Kankakee, IL 60902.)

If you plan to board your pet at your destination point, reservations are also necessary, especially during the heavy travel periods of holidays and summers. Try to obtain a reliable recommendation for a boarding kennel. (The American Boarding Kennels Association in Colorado, Springs, CO publishes "How to Select a Boarding Kennel" and will make recommendations over the phone when they're not too busy. Member kennels are listed for the United States and Canada. Call 303-591-1113 for information.

**RECOMMENDATIONS FOR TRAVELING BY AIRPLANE** - Air travel has become the most common way to transport animals. Unfortunately, it is also the most stressful and most fraught with potential hazards.

Federal regulations provide some solutions to the problems of animals traveling by air but owner awareness is still the key factor in assuring the safe arrival of their pets.

**FEDERAL REGULATIONS** - Dogs, cats and most other warm-blooded animals are protected under the Animal Welfare Act, passed by Congress in 1966 and amended in 1976 to safeguard those same animals when they travel by air. The act is enforced primarily through the United States Department of Agriculture's Animal and Health Inspection Service. The act continues to be updated in an effort to further improve the conditions in which animals travel. Nonetheless, safe air transport of animals continues to cause problems for animals, their owners and the airlines.

Because the wording of the act is ambiguous in places, much is left open to individual interpretation, resulting in inconsistent treatment of animal passengers from airline to airline, and sometimes

from city to city within the same airline. To pet owners, this means great care must be taken when planning to fly with an animal. In fact, the Animal Welfare Act clearly places much of the responsibility for animal safety on the owner.

According to federal regulations, an airline cannot accept an animal from its owner unless the following qualifications are met: The animal must be 1) at least 8 weeks old; 2) certified as healthy within 10 days prior to departure; 3) secured in a carrier which meets the required standards; and 4) adequately identified in the manner specified by APHIS. Because airlines can be fined for not adhering to these regulations, animals will be turned away at a ticket counter, so it is to your advantage to be conscientious in preparing for your pet's journey. (Carrier and identification requirements are spelled out in the preceding section.)

**SAFE ENVIRONMENT-**Animals are permitted in both the cabin and cargo sections of airplanes. Pet owners often prefer to have their companion pet in the cabin section with them, and this is possible, but only under the following circumstances: \*Reservations must be made as early as possible with the airline. Regulations differ from airline to airline, but generally only one animal per flight is allowed in the cabin and permission is granted on a first come, first serve basis.

\*Animals traveling in the cabin are considered "carry-on luggage" by airlines, and as such must meet the same criteria as any baggage in that category. In other words, the pet carrier must fit under the seat. Obviously this restricts the carry-on option to very small animals. (A fee is usually charged.)

\*Be sensible where your pet's safety is concerned. It is better to have your pet in the cargo section of a plane in a carrier of the proper size than to try and "jam" a dog or cat into a too small carrier just so the animal can be in the cabin with you.

In most cases, animals must fly in the cargo section of the plane where conditions can be hazardous for animals. The danger of air travel is not, however, in flying, but rather during "down time" when your pet is loaded, unloaded or waiting in an unsheltered area and exposed to the elements. While on the plane hazards are usually caused by the delays which result in time spent on the runway before take-off or after touchdown when the plane's compartments are not air pressurized. During that time your pet is confined in the cargo hold and deprived of fresh air, and temperatures can fluctuate from very hot to very cold

in short periods of time. Pets who are tranquilized are especially susceptible to breathing problems, as are breeds such as bulldogs, pugs and Pekingese who have short-faced heads.

Because you cannot control the environment of the cargo section, extra care must be taken prior to boarding and after landing which will minimize the difficulties your pet may face while out of your stewardship.

**HANDLING-**The importance of purchasing the proper carrier cannot be stressed often enough. Sufficient ventilation and solid construction are absolute necessities. Most pet travel accidents are a result of poorly constructed carriers.

Airline crews must load and unload planes as quickly as possible so that departures and arrivals are made on time. In that flurry of activity, animals traveling in the cargo section of the plane are sometimes not handled as carefully as they should be, but rather like luggage they travel with. There are some safeguards you can take to minimize improper handling of your pet.

\*Arrange for non-stop, direct flights. Animals can be (and have been) left off connecting flights or put on the wrong plane in the same way luggage is mishandled. In addition, every time a stop is made or a plane is changed, your pet's time on the ground and exposure to the elements or time spent in a non-pressurized space increases. Note: If you are flying to a major city, but connecting to a smaller town by commuter line, it is important to know that although a major airline may be willing to transport animals, a commuter line may not.

\*Reconfirm that your pet is in the luggage area when you check in at the departure gate and ask the senior flight attendant to notify the captain that an animal is on board, either in the cargo or cabin.

\*If possible, have your pet hand carried to the plane when departing, and to the baggage area upon arrival. Many airports, unfortunately, are constructed in such a way that conveyer belts are the only method of transferring cargo from plane to building and vice versa. If this is the case, try to be in the baggage area when the luggage from your flight arrives so that you can retrieve your pet immediately.

\*If you must ship an animal alone (this should be done only when it is absolutely necessary), have someone you know and trust be at the destination point when the airplane arrives.

It is important to remember that most airline crews receive no special training for handling animals and not all are pet owners themselves. They cannot be expected to know the needs of your pet or recognize signs of trouble. It is only through your careful attention to detail that your pet can be assured a safe trip.

**RECOMMENDATIONS FOR TRAVELING BY CAR-**In many ways, traveling with your pet by automobile is the most humane way to go. Although time spent in transit is greatly increased for long distances, the benefits of having your pet with you at all times cannot be overestimated. And, if you heed the following recommendations, both of you will arrive at your destination safely.

Unless your pet is already accustomed to being in an automobile, take the time to acclimate your pet to the motion and sounds of your car by taking short drives prior to leaving on a longer trip. (This precaution may eliminate the need to administer a motion sickness pill or tranquilizer.) Bring a pet carrier, and if the animal has never, or rarely, been in it, allow time for him to become familiar with it. This is especially important if your pet is undisciplined. An undisciplined animal is a menace in a car.

Take along your pet's food and water bowls, blanket or bedding and a favorite toy to give him a touch of home.

Your pet should never be permitted to ride in the front seat, jump around the car or hang out a window. This is dangerous for both the animal and driver.

It is best not to feed an animal for several hours before leaving on a trip. Bring food and fresh water with you and stop regularly once the animal has had a chance to settle down.

If your traveling companion is a cat, bring a litter pan and litter with plastic bags for changing purposes. If a dog is traveling, it is imperative to stop frequently so that he can exercise and relieve himself.

**NEVER LEAVE YOUR PET ALONE IN A PARKED CAR.** In summer, it takes only minutes for the heat to climb to more than 120 degrees, even in the shade. In winter, closed cars become refrigerators on wheels and the cold is as dangerous as summer heat. (In some states it is against the law to leave an animal alone in a car.)

Check your pet frequently so that you can easily tell when he is hungry, thirsty, hot or tired.

## PCS Reporting Procedures

**ARRIVING DURING DUTY HOURS:** Your sponsor should escort you and your family (if appropriate) to their lodging and then take you to the Quarterdeck of your command. If you will be assigned to NAS, you will see the Command Master Chief and go to Manpower for your check in sheet. If you will be assigned to a squadron, you will see your command first and receive instructions and a check in sheet.

**ARRIVING AFTER DUTY HOURS:** Your sponsor should escort you to the place you will stay for the night. Hopefully arrangements have been made with the Navy Lodge or a local hotel if you have a family or if you are single, you can check into the BEQ or BOQ at any time of the day or night. After a good night's rest, you will be able to follow the same process that is indicated above.

<b>Name:</b> Naval Air Station
<b>POC:</b> Quarterdeck
<b>Address:</b> Hangar 4 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2214
<b>DSN Phone:</b> 476-2214
<b>WWW Link:</b> <a href="http://www.nasb.navy.mil">http://www.nasb.navy.mil</a>

<b>Name:</b> Relocation Assistance
<b>POC:</b> Mary Hipkins
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> <a href="mailto:hipkins@nasb.navy.mil">hipkins@nasb.navy.mil</a>
<b>Comments:</b> All personnel checking into the FFSC will receive a brief on FFSC services and programs.

## Separation Procedures

Separations are handled between the servicemember's department and the PSD. Once someone has been identified to separate by their Career Counselor, they are briefed and sent to the FFSC to attend the next Pre-Separation seminar. The seminar is 4 days long: One day is military related with a presenter from VA

and CARIT, etc. and the other 3 days are devoted to Transition Assistance Program. The presenters brief on all areas of the job market, resumes, market stats, resources, and interviewing, to name just a few.

<b>Name:</b> Personnel Support Detachment
<b>POC:</b> Port Calls
<b>Address:</b> Bldg 24, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2564

<b>Name:</b> Transition Assistance
<b>POC:</b> Mike LaRoche
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> laroche@nasb.navy.mil

## Billeting

The Brunswick Navy Lodge is located on the Naval Air Station in Brunswick. Please call for rates. There are 26 rooms, 1 of which is handicap accessible. We have 22 nonsmoking rooms and 4 smoking rooms. All rooms are similar and feature 2 queen size beds, a fully equipped kitchenette (dishes, pots, pans, etc.) private bath, microwave, dining table, cable TV (HBO), VCRs, direct dial AT&T service, radio/clock, vending, on-site laundry facilities, ice machines, and complimentary coffee in the lobby. We also have cribs, highchairs, rollaways, irons, and ironing boards available at no charge.

Check in time is between 1500-1800. If arrival will be between 1800-2000, a room can be reserved by credit card. If after 2000, the key will be taken to the quarterdeck to be picked up by the guest.

Billeting is available in the Bath/Brunswick area. However, many hotels/motels are booked during the summer/tourist season beginning mid-June to October. We recommend reserving a room ahead of time if you are staying off base.

<b>Name:</b> Navy Lodge
<b>POC:</b> Admin
<b>Address:</b> Bldg 31, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2206

## Unaccompanied PCS

CROSS-REFERENCE: Category RELOCATION SERVICES, Related Subject, PCS Reporting Procedures

## Support Services

### Support Services Overview

The Navy Fleet and Family Support Center is one of several organizations in the larger Brunswick community that provides social services to military personnel. The FFSC works closely with the Branch Medical Center and the departments on the base to provide the sailors the best possible services for themselves and their family members and provides referral services to those members and their families to outside support agencies when necessary.

<b>Name:</b> Fleet and Family Support Center
<b>POC:</b> Reception
<b>Address:</b> 400 Foxtrot Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617

## Family Centers

The Navy Fleet & Family Support Center provides service to all military members and their families.

The Information & Referral office conducts intakes on clients and refers individuals to appropriate organizations according to their specific questions or issues. The I&R person is the POC for Sexual Assault Victim Intervention (SAVI) training within the base community and any questions concerning SAVI can be referred to the I&R Specialist.

There are Licensed Clinical Social Workers available at the Naval Air Station FFSC to provide personal counseling and education and training. Anger and Intimacy, Couples Communication, Stress Management, and Suicide Prevention are just a few of the classes provided to Servicemembers and their families.

The Transition Assistance office provides assistance to those military separating or retiring from the service as well as to their spouses, to those spouses of Active Duty who need job assistance, and to Active

Duty and their spouses who are PCSing. The classes and seminars offered include Job Hunting, Job Preparation, Resume Writing, Interviewing Skills, Pre-separation and Pre-retirement workshops, PCS Smooth Move workshops, and Sponsor Training. Personal counseling in any of these areas mentioned is also available and widely used.

A Resource Center with 2 computers with America's Job Bank, Transition Bulletin Board, and the Internet is available to customers 4 days a week from 0730-1600 and on Fridays, 0730-1200. There is also a library of books covering resume writing, how to get jobs, statistical information, job descriptions, and many other related areas available for customer use.

New Parent Support helps to fill the gap caused by the distance between young Navy families and their parents and extended families. The NPS provides a support system for families with young children. Information and education is available to new parents and new parents "to be" helping them to become strong families with happy, healthy babies.

The Family Advocacy Representative (FAR) provides counseling to members and their families identified as experiencing or at risk for problems resulting in child physical or sexual abuse, child neglect, spouse abuse or sexual assault. His responsibility is also to educate the sailors and their leadership about family violence and how to recognize it, prevent it, and do something about it.

Pre- and Post-Deployments Programs are the number one focus of the FFSC. The primary purpose of the FFSC is to assist the Navy in performing its mission. The deployment programs help members and their families understand the "emotional cycle of deployment" and learn to deal with it effectively. When these programs are conducted, the Navy mission is more easily and safely completed.

The Retired Activities Office is part of the FFSC. The all volunteer force that maintains the office is expert in the areas affecting retired personnel and their spouses. They also have a monumental task each year of conducting the Retired Seminar for the tri-state area (Maine, Vermont, New Hampshire) ably assisted by all other members of the FSC besides providing individual services to the retired member and spouse.

Welcome Aboard Packages can be obtained through the FFSC from the Relocation Assistance office. These packages are provided to all incoming Servicemembers to the base, squadrons, and ships.

Usually the sponsor picks up the package or the admin office of the squadron or ship picks up several packages. The Relocation Assistance office also handles the Lending Locker which provides basic household items that are needed to set up housekeeping while personnel on orders are waiting for a household shipment or are waiting to leave the area. Some of the items included in the Lending Locker are roll-away beds, floor mattresses, kitchen items (dishes, pots & pans, cutlery, silverware), irons, ironing boards, port-a-cribs, and other items.

<b>Name:</b> Family Advocacy Representative (FAR)
<b>POC:</b> Gene Lamoureux
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2411
<b>DSN Phone:</b> 476-2411
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> Lamoureux@nasb.navy.mil

<b>Name:</b> Information & Referral
<b>POC:</b> Ruth Finkle
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> finkle@nasb.navy.mil
<b>Comments:</b> I&R is the initial POC for Counseling Services also.

<b>Name:</b> New Parent Support (NPS)
<b>POC:</b> Carol Huntington
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> HuntingtonC@nasb.navy.mil

<b>Name:</b> Programs Coordinator
<b>POC:</b> Jill Squire
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> SquireJ@nasb.navy.mil

<b>Name:</b> Relocation Assistance (RAP)
<b>POC:</b> Mary Hipkins
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> hipkins@nasb.navy.mil

<b>Name:</b> Retired Activities Office (RAO)
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2609
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2609
<b>DSN FAX:</b> 476-2617

<b>Name:</b> Transition Assistance Management Program (TAMP)
<b>POC:</b> Lee Allison
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> allison@nasb.navy.mil
<b>Comments:</b> Transition programs include: Pre-Separation, Pre-Retirement, PCS Smooth Move, Sponsor Training, Spouse Employment Assistance (SEAP), Resume Writing, Job Interviewing, Job Searching, and other applicable classes. The Transition team provides individual counseling on any of the related issues. A Resource Center with 2 computers, a fax machine, photocopier, printer, and phone is available for Servicemembers and their family members in a transition or relocation status.

## Information and Referral

<b>Name:</b> Information & Referral
<b>POC:</b> Ruth Finkle
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> finkle@nasb.navy.mil

<b>Name:</b> Suicide Prevention Hotline
<b>POC:</b> Volunteer on Duty
<b>Phone:</b> 1-800-827-7571
<b>Comments:</b> 24 hour hotline

## Financial Assistance Programs

Financial guidance is offered to those experiencing money management difficulties or for those who wish to be in control of their finances. The Fleet and Family Support Center as well as the Navy/Marine Corps Relief Society can work with you to prepare a personalized budget and spending plan designed to make your life a little easier.

<b>Name:</b> Command Financial Specialist (CFS)
<b>POC:</b> Individual commands
<b>Address:</b> Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Comments:</b> Most commands have at least one Command Financial Specialist. The FFSC Personal Financial Manager coordinates and provides training for these individuals and maintains a list those who attend the trainings.

<b>Name:</b> Consumer Credit Counseling
<b>POC:</b> any counselor
<b>Address:</b> 160 Fox Street
<b>City:</b> Portland, ME 04101
<b>Phone:</b> 207-773-1411 or 1-800-539-2227

<b>Name:</b> Navy/Marine Corps Relief Society
<b>Address:</b> Bldg 20, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2679/2414
<b>DSN Phone:</b> 476-2414

<b>Name:</b> Personal Financial Management (PFM)
<b>POC:</b> Steve Estes
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> EstesS@nasb.navy.mil

## Emergency Assistance

Navy Marine Corps Relief Society can provide financial emergency assistance based upon need, through either loans or, when there is a particular hardship, grants. Categories of financial assistance include: Basic living expenses (food, shelter, utilities), medical not covered by TRICARE, dental not covered by Concordia, funeral expenses, emergency transportation, essential car repairs, pay and allotment problems, disasters and assistance for widows, mothers and children.

The American Red Cross can also help in times of emergency. Quick communications with home about family emergencies is available 24 hours a day, 7 days a week, including verification of death or serious illness or immediate family, birth announcements to fathers deployed overseas, and health and welfare reports resulting from a lack of communication over a long period of time.

The American Red Cross also offers financial assistance for military personnel and their immediate families in the form of interest free loans or grants when a loan would place a greater hardship on the family. Examples of need for financial assistance are: emergency leave expenses for the service person or his/her family member; for family necessities which may result when an allotment check is not received or delayed; for personal needs of an essential and emergency nature; and for convalescent leave expenses.

<b>Name:</b> American Red Cross
<b>Address:</b> 9 Bank St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-729-6779

<b>Name:</b> Navy/Marine Corps Relief
<b>Address:</b> Bldg 20 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2414
<b>DSN Phone:</b> 476-2414

## Family Advocacy

The Navy Family Advocacy Program is designed to address the prevention, identification, treatment, follow-up and reporting of child abuse, neglect and spouse abuse.

<b>Name:</b> Branch Medical Clinic
<b>Address:</b> Bldg 645 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2991
<b>DSN Phone:</b> 476-2991

<b>Name:</b> Chaplains
<b>Address:</b> Base Chapel Bldg 585, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2223
<b>DSN Phone:</b> 476-2223

<b>Name:</b> Family Advocacy Representative
<b>POC:</b> Gene Lamoureux
<b>Address:</b> Fleet & Family Support Center 400 Foxtrot, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2411
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2411
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> Lamoureux@nasb.navy.mil

## Single Member Services

For more information on this subject:  
MWR Liberty Program (Single Sailors)  
<http://mwr.nasb.navy.mil>

If you are single, sometimes it seems easier for families to make friends and be a part of a community than for single people. This does not have to be true for you. The key to being a part of the Navy community is getting involved. Join a church or synagogue group, sign up for educational courses, recreational program, or take part in a special interest group such as a health club. Make a



list of all the activities you participated in before your move: bowling, bridge club, Big Brothers/Sisters, softball, etc. Add some other activities you would like to try: amateur theater, International Toastmaster/mistress, computer courses. Then find out how to find these activities through such sources as the Family Service Center, Morale, Recreation, Welfare (MWR), or your units bulletin board.

<b>Name:</b> Fleet and Family Support Center
<b>Address:</b> 400 Foxtrot
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617

<b>Name:</b> Liberty Program Coordinator
<b>POC:</b> Windy Battaglia
<b>Address:</b> Morale, Welfare, Recreation (MWR)
Field House, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-1776
<b>DSN Phone:</b> 476-1776
<b>E-Mail:</b> BattagliaW@nasb.navy.mil
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil">http://mwr.nasb.navy.mil</a>

<b>Name:</b> Premarital Workshop
<b>Address:</b> Naval Air Station Chapel
Bldg 645, Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2223
<b>DSN Phone:</b> 476-2223

## Support Groups

<b>Name:</b> Alcoholics Anonymous
<b>POC:</b> Volunteer on duty
<b>Phone:</b> 1-800-733-3232

<b>Name:</b> Ingraham Volunteers
<b>POC:</b> Volunteer on duty
<b>Address:</b> 74 Elm St
<b>City:</b> Portland, ME 04101
<b>Phone:</b> 207-774-HELP

<b>Name:</b> Family Crisis Shelter
<b>POC:</b> Volunteer on duty
<b>Address:</b> PO Box 704
<b>City:</b> Portland, ME 04104
<b>Phone:</b> 1-800-537-6066
<b>Comments:</b> 24 hour hotline

## Morale, Welfare, and Recreation

For more information on this subject:  
Website for Morale, Welfare, and Recreation (MWR)  
<http://mwr.nasb.navy.mil>

A variety of exciting leisure activities are available to active duty military members and their family members, in addition to DOD civilians aboard the station. Everyone is encouraged to be part of the fun and adventure by participating in organized sporting events, outdoor recreation, entertainment, crafts and many other high energy and enriching programs.

<b>Name:</b> Bowling Center
<b>Address:</b> MWR
Bldg 583, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2145
<b>DSN Phone:</b> 476-2145
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/sea%20air%20lanes.htm">http://mwr.nasb.navy.mil/sea%20air%20lanes.htm</a>

<b>Name:</b> Fitness Center
<b>Address:</b> MWR
Bldg 25, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2162
<b>DSN Phone:</b> 476-2162
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/fitness%20programs.htm">http://mwr.nasb.navy.mil/fitness%20programs.htm</a>

<b>Name:</b> Golf Course
<b>Address:</b> MWR
Bldg 78, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2155
<b>DSN Phone:</b> 476-2155
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/mere%20creek.htm">http://mwr.nasb.navy.mil/mere%20creek.htm</a>

<b>Name:</b> Hobby Center
<b>Address:</b> MWR Bldg 29, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2488/2738
<b>DSN Phone:</b> 476-2488/2738
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil">http://mwr.nasb.navy.mil</a>

<b>Name:</b> MWR
<b>Address:</b> Building 211 NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2684
<b>DSN Phone:</b> 476-2684
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil">http://mwr.nasb.navy.mil</a>

<b>Name:</b> Niteflite
<b>Address:</b> MWR Bldg 516, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2121/2588
<b>DSN Phone:</b> 476-2121/2588
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/NiteFlite.htm">http://mwr.nasb.navy.mil/NiteFlite.htm</a>

<b>Name:</b> SATO Travel
<b>POC:</b> Personnel Support Detachment
<b>Address:</b> Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> (207)921-2511
<b>DSN Phone:</b> 476-2511
<b>Comments:</b> Call PSD for information about SATO

## Chapel Services and Programs

The Chaplains of Naval Air Station Brunswick extend to you their warmest welcome to the NAS Chapel Community. Please accept their invitation to attend worship services and activities sponsored by the command religious program.

Your Chaplain's ministry to you includes worship and sacramental rites and ordinances, religious education, crisis intervention, life counseling, and fellowship activities. This ministry is presented through chapel worship, seminars, individual office appointments, and pastoral visits to work centers, homes and hospital.

Please check the station newspaper or POD for special services, activities, and revisions of chapel program schedules.

<b>Name:</b> Chapel
<b>Address:</b> Bldg 585 Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2223
<b>DSN Phone:</b> 476-2223
<b>Comments:</b> Sunday Worship Services: Roman Catholic Mass - 0900 General Protestant - 1045 Gospel and Praise - 1200  General Protestant and Praise Holy Communion - 1st Sunday of each month Lutheran Holy Communion - 0830 3rd Sunday of each month. Chapel of the Blessed Sacrament  Other Services: Daily Devotions 0700-0730 Monday-Friday Command Chaplain's Office Daily Mass 1130 Tuesday-Thursday Chapel of the Blessed Sacrament Counseling Services - Personal, Professional, Marital CREDO Retreats  Religious Education Services: Roman Catholic CCD Sunday 1030-1130 Protestant Sunday School 0930-1030 Protestant Adult Sunday School 0930-1030 Confirmation Instruction - See Chaplain Bible Study - Wednesday 1900 Bible Study - PW Wednesday 1130-1200 Bible Study - AIMD Tuesday 1100-1200 Youth Group

<b>Name:</b> Jewish Service
<b>Address:</b> Chapel Bldg 585, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2223
<b>DSN Phone:</b> 476-2223
<b>Comments:</b> Information and referral will be given by religious program assistants.

## Drug and Alcohol

The Counseling and Assistance Center (CAAC) mission is to provide assistance to individuals and their commands in the processing, disposition, education and/or treatment of personnel with alcohol or drug abuse problems. The programs consist of screening, referrals, counseling and prevention education/outreach.

An extensive referral listing is maintained to deal with nearly any type of problem. Educational material, at the request of the command, is available through the CAAC which maintains literature, films and video tapes on Alcohol, Drug, Food abuse (although food abuse is no longer a part of the CAAC mission, literature is available) and recovery.

<b>Name:</b> CAAC
<b>POC:</b> Program Coordinator
<b>Address:</b> Building 211
NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2188/2184
<b>DSN Phone:</b> 476-2188

## Legal Assistance

The Navy Legal Service Office has attorneys who can advise active duty and family members and prepare documents in a myriad of areas including wills, powers of attorney, family law, landlord-tenant law and consumer protection law. Many legal pitfalls and everyday difficulties can be avoided by consulting with a naval attorney at the first hint of trouble. Remember, if it doesn't appear quite right, it's not; if it's too good to be true, it is; and if in doubt, see a lawyer.

<b>Name:</b> Legal Office
<b>POC:</b> Program Coordinator
<b>Address:</b> Building 20
NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2930/2331/2758
<b>DSN Phone:</b> 476-2930

## Child And Teen Services

### Child and Teen Services Overview

The following information provides a profile of child care options available on the base. It is essential that you contact the Child Development Services point of contact, as listed, for the most current information about specific programs. The other headings will cover the teen services provided.

PROGRAM OFFERED ON BASE YES/NO Full Day-Y Kindergarten only-N Hourly Care-N Special Needs Care-Y

FAMILY CHILD CARE YES/NO Full Day-Y Kindergarten only-N Hourly Care-Y Special Needs Care-Y

CARE TYPE On Base YES / WAITING LIST Infant (6 wks & up) Y Y (long) Pre-Toddler (12-24 mos) Y Y (short) Toddler (24-36 mos) Y Y (short) Junior (3,4,&5 yrs) Y Y (short) School-Age (Kindergarten) Y Y (short)

CARE TYPE Family Child Care YES / WAITING LIST Infant (6 wks & up) Y Y (long) Pre-Toddler (12-24 mos) Y Y (long) Toddler (24-36 mos) Y openings Junior (3,4,& 5 yrs) Y openings School-Age (Kindergarten) Y Y (short)

### AFTER SCHOOL PROGRAM ON BASE

There is a Before and After School Program for school age children ages 6-12 at the McKeen Street Community Center. Before and After School Care for Kindergartners is available at the Recreation Center.

<b>Name:</b> Child Development Center
<b>Address:</b> Bldg 21/26
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2610/2619
<b>FAX:</b> 207-921-1306
<b>DSN Phone:</b> 476-2619
<b>DSN FAX:</b> 476-1306
<b>Comments:</b> Hours of operation: 0630-1630.

<b>Name:</b> MWR Before/After School Care Program
<b>POC:</b> Cece Powell
<b>Address:</b> Building 211
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-1775
<b>DSN Phone:</b> 476-1775
<b>Comments:</b> This is a popular program for Before and After School care for ages 6-12. Spaces fill quickly each year. There is also Moose Troops Summer Day Camp.

<b>Name:</b> MWR Teen Program
<b>POC:</b> Chris Kasperek
<b>Address:</b> Bldg 211
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-1775
<b>DSN Phone:</b> 476-1775

## New Parent Program

Frequently, Navy families are separated from their extended family - aunts, uncles, grandparents - those people parents turn to for support, information, and guidance. New Parent Support helps to fill this gap by becoming a friendly support system for expectant families or those with young children. We are in the business of providing information and education to parents, helping them become strong families with happy, healthy babies and children.

<b>Name:</b> New Parent Support Program (NPS)
<b>POC:</b> Carol Huntington
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> HuntingtonC@nasb.navy.mil

## Child Care Programs - on Installation

The following information provides a profile of child care options available on the base. It is essential that you contact the Child Development Center as listed for the most current information about specific programs.

Before arrival in Brunswick, you may call for information regarding the placement of your child on the waiting list for Center care. If you are interested in Child Development Home care (in home), you may pick up the list of providers who have openings at the Child Development Center.

Rates for child care at the Child Development Center are based on total family income. Those will be determined when you come into the center to talk with the specialists.

<b>Name:</b> Child Development Center
<b>Address:</b> Bldg 21/26 Naval Air Station
<b>City:</b> Brunswick, ME 04011-5000
<b>Phone:</b> 207-921-2610/2619
<b>DSN Phone:</b> 476-2619

<b>Name:</b> Child Development Home
<b>Address:</b> Bldg 21 NASB
<b>City:</b> Brunswick, ME 04011-5000
<b>Phone:</b> 207-921-2610/2619
<b>DSN Phone:</b> 476-2610

## Child Care Programs - Community

<b>Name:</b> Child Development Center
<b>POC:</b> Resource and Referral
<b>Address:</b> Bldg 21/26, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2615
<b>DSN Phone:</b> 476-2615
<b>Comments:</b> Provide child care information and help military meet their unique needs. For programs to assist low income families, call the Resource and Referral at Child Development Center.

## Things To Do - Clubs and Social

<b>Name:</b> Boy Scouts of America Pine Tree Council
<b>Address:</b> 125 Auburn
<b>City:</b> Portland, ME 04103
<b>Phone:</b> 207-797-5252

<b>Name:</b> Boys and Girls Clubs - Greater Portland
<b>Address:</b> 277 Cumberland Ave
<b>City:</b> Portland, ME
<b>Phone:</b> 207-874-1070

<b>Name:</b> Girl Scouts Kennebec Council
<b>Address:</b> 138 Gannett Dr
<b>City:</b> South Portland, ME 04106
<b>Phone:</b> 207-772-1177

## Things To Do - Recreation and Sports

MWR organizes trips to special events all summer long. Those events include trips to the Sea Dogs games, concerts, etc. Tickets are available to many scheduled events at MWR and can be purchased at a reduced price. Golf lessons will be offered to different age groups at the base golf course certain days of the week.

As summer fades, winter related activities will begin which include cross-country and downhill skiing, snowshoeing, ice-skating, and ice-fishing to name a few.

Bowling starts up in the fall with youth bowling leagues available for a variety of age groups.

Call MWR for further information about the programs mentioned above and about their plans for the upcoming winter months.

Other recreation programs are available in the surrounding community of Brunswick. For information contact the Brunswick Recreation Department or the Bath YMCA.

<b>Name:</b> Bowling Center
<b>Address:</b> MWR Bldg 583, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2145
<b>DSN Phone:</b> 476-2145
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/sea%20air%20lanes.htm">http://mwr.nasb.navy.mil/sea%20air%20lanes.htm</a>
<b>Comments:</b> Closed for the summer.

<b>Name:</b> Brunswick Recreation Dept
<b>POC:</b> Community Youth Program
<b>Address:</b> 30 Federal St
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-725-6656

<b>Name:</b> Fitness Center
<b>Address:</b> MWR Bldg 25, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2162
<b>DSN Phone:</b> 476-2162
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/fitness%20and%20wellness.htm">http://mwr.nasb.navy.mil/fitness%20and%20wellness.htm</a>
<b>Comments:</b> Call the Fitness Center for information on times, dates, and activities available to youth.

<b>Name:</b> Golf Course
<b>Address:</b> MWR Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2155
<b>DSN Phone:</b> 476-2155
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil/mere%20creek.htm">http://mwr.nasb.navy.mil/mere%20creek.htm</a>
<b>Comments:</b> Call for information about golf lessons for youth.

<b>Name:</b> T-Ball Program
<b>POC:</b> AZC Chris Green
<b>Address:</b> Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2130
<b>DSN Phone:</b> 476-2130

<b>Name:</b> YMCA
<b>POC:</b> Community Youth Program
<b>Address:</b> 303 Center Street
<b>City:</b> Bath, ME 04530
<b>Phone:</b> 207-443-4112
<b>WWW Link:</b> <a href="http://home.gwi.net/~bathymca/">http://home.gwi.net/~bathymca/</a>
<b>Comments:</b> Please refer to the website for more information.

## Schools

CROSS REFERENCE: Category EDUCATION, Subject Areas, OVERVIEW, PUBLIC SCHOOLS, PRIVATE SCHOOLS for all information on schools.

## School Age Care

Family Child Care is available through the Child Development Center to take care of school age children as well as infants and toddlers. Child Development Home program takes children from 6 weeks to 12 years old. There are approximately 30 homes involved in the program which accounts for about 180 spaces available for individual children. A few of these spaces are already taken by the children of the child care provider. Obviously, that information will be available to the individual who is interested in participating in the Child Development Home program.

Keep in mind that this is a constantly changing program so call frequently to get the latest information.

Rates for home child care are based on several factors. One of those is the age of the child. The amount you will pay will be determined when you arrange for the care.

You can call the center and get a list of the child care providers available. However, keep in mind that the list of providers changes frequently and you may not know which of the three housing areas you will want to leave your child in. Those factors will be determined after you arrive.

<b>Name:</b> Child Development Center
<b>Address:</b> Bldg 26
NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2610/2619
<b>DSN Phone:</b> 476-2610
<b>Comments:</b> It is preferable to come by and get the most updated list of child care providers. One can be sent but if it is too early before arrival at the base, the list may very well be outdated.

<b>Name:</b> MWR Before/After School Care Program
<b>POC:</b> Cece Po well
<b>Address:</b> Bldg. 211
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-1775
<b>DSN Phone:</b> 476-1775
<b>Comments:</b> This program is for before and after school care for children ages 6-12. Openings fill quickly. Moose Troop Day Camp runs during the summer.

## Religious Programs

There are no special religious programs available for youth on the base. For any other information, call the chapel.

<b>Name:</b> Chapel
<b>Address:</b> Bldg 585
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2223/2231
<b>DSN Phone:</b> 476-2223

## Special Events

Check with the Morale, Welfare, Recreation (MWR) for any special events to be conducted on the base. The Fitness Center and Bowling Center frequently have organized activities for youth.

## Sponsorship and Support

If a youth would like a sponsor, first check with your sponsor to see if he/she knows of a possible sponsor. Otherwise, the FFSC and the MWR Teen Coordinator will coordinate a youth to sponsor the individual.

<b>Name:</b> MWR Teen Coordinator
<b>POC:</b> Chris Kasperek
<b>Address:</b> MWR, Bldg. 211
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-1775
<b>DSN Phone:</b> 476-1775
<b>E-Mail:</b> KasperekC@nasb.navy.mil
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil">http://mwr.nasb.navy.mil</a>

<b>Name:</b> Relocation Assistance
<b>POC:</b> Mary Hipkins
<b>Address:</b> Fleet and Family Support Center
400 Foxtrot, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> hipkins@nasb.navy.mil

## Youth Employment

There is no specific youth employment program on the base.

There are some summer youth hire programs conducted by several counties in Maine. If there is an interest, contact the counties surrounding the base.

## Youth Centers

This is no Youth Center on the base at this time.

<b>Name:</b> Youth Center
<b>POC:</b> Youth Can
<b>Address:</b> Brunswick Armory
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-798-4090

## For Teens Only

The NASB is relatively small and the teens have enjoyed activities at the local schools where they are enrolled. MWR has a youth coordinator to host various activities throughout the year.

<b>Name:</b> Youth/Teen Coordinator
<b>POC:</b> Chris Kasperek
<b>Address:</b> MWR, Bldg. 211
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-1775
<b>DSN Phone:</b> 476-1775
<b>E-Mail:</b> KasperekC@nasb.navy.mil
<b>WWW Link:</b> <a href="http://mwr.nasb.navy.mil">http://mwr.nasb.navy.mil</a>

## Survival Tips For First Termers

### Survival Tips for First Termers Overview

Being in the Navy is an opportunity and a proud tradition of more than 200 years of service. It is also a challenge as single and married Navy and Marine Corps members juggle their military duties, personal and financial obligations, and the demands of an immediate or extended.

Navy personnel and their families are envied for the variety of their experiences and the number of places they travel and live. To make this attractive, mobile life possible, a great amount of planning and preparation is necessary.

Listed below are some "Survival Tips" to help you and your family as you face the challenges and opportunities of the Mobile Military Lifestyle.

<b>Name:</b> Fleet and Family Support Center
<b>Address:</b> 400 Foxtrot Ave
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617

### Before You Move

Departure preparations:

As soon as you receive your orders, visit your Fleet and Family Support Center Relocation Counselor. They have an extensive array of services and resources available for you including a SITES (Standard Installation Topic Exchange Service) booklet on your new duty station, information, Welcome Aboard Packages, videos of your new area, lending locker, overseas orientations, etc.

Check to see if a PCS Smooth Move Seminar is available at your duty station for you to attend to help you PCS smoothly either stateside or overseas.

Contact the Household Goods Office for an appointment with a counselor to schedule your household goods move. During your counseling session, your counselor will provide a great deal of valuable information. Pay attention to details, take notes, ask questions, and follow directions. Failure to adhere to guidelines can be costly in time and money.

Notify your landlord, rental agent, and Housing Office of your Permanent Change of Station (PCS) orders and anticipated date of departure. If there is a military clause in your lease, you must give this notification in writing.

REQUEST A SPONSOR at your new duty station. This person can be your vital link to your new home. Your sponsor can send you specific information on your new location and assist you when you arrive.

Begin a calendar for your move. Include items to remember - change of address cards, school records for your children, travel arrangement for your pets, etc.

Notify your friends, relatives, etc... of your upcoming move.

Start budgeting for the move. Contact your Finance Office or PSD to discuss your options regarding advanced pay and travel funds. Even with your entitlements, special pay, allotments, etc., moving can be expensive. In addition, families facing the loss of one income during the relocation will feel additional financial impact.

If the non-active duty family member wants to work at the new duty station, contact the FFSC Spouse Employment Assistance Program person (SEAP) to get information about jobs in the area.

If you have an overseas assignment, make sure that you have checked with Personnel to see if overseas screening is required.

This is by no means everything you'll have to remember. Check with your Relocation Counselor at your Fleet and Family Support Center. They can provide you with complete checklists and many helpful publications to assist you with remembering all the details. Attend the PCS Smooth Move Seminar (if there is one at your duty station) as soon as orders

are received to get the latest and best information you will need to know before you move.

<b>Name:</b> Relocation Assistance
<b>POC:</b> Mary Hipkins
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> hipkins@nasb.navy.mil

## After You Arrive

Be sure that you have stayed in contact with your sponsor. You should have made arrangements to meet them upon arrival. Perhaps they will meet you at the airport or if you are coming by car, at some convenient spot so that they can get you settled.

Contact your Relocation Counselor. They have all the information you'll need once you arrive at your new duty station from housing availability, how to register your children in the local schools, to setting your spouse up with an appointment with the Spouse Employment Specialist at the Fleet and Family Support Center.

Contact the housing office BEFORE making any arrangements for civilian housing. Rental/lease agreements are extremely important and are sometimes complicated. If you haven't already done so, now is the time to put your name on the waiting list for base housing, whether you intend to get into base housing or not.

Notify the Personal Property Office of your new address and to check on the status of your household goods. Have they arrived? Are they in storage? How much storage time am I entitled to? How do I file a claim if there is damage? All important questions to ask now that you've arrived.

If your possessions have not yet arrived, you may check out household items from the FFSC Lending Locker to use until your household goods arrive.

Once you've found the perfect home and your worldly possessions have arrived, the job of getting acquainted with your new neighborhood begins.

Contact utility companies to make arrangements for connections.

On moving in day, if you have small children, you might want to make arrangements for child care. Older children might want to help by checking off boxes as they come in or unpacking the special box of their belongings.

Be at your home before the movers arrive. Have an idea of where you want things placed - the movers will only put your couch in place one time.

Check your belongings carefully and make sure to note on the inventory any damaged or missing items so you can file a claim at the Personal Property Office. Your claim must be turned into the Personal Property Office within 70 days to get compensation from the mover for damages done.

So many things to remember. You will find that services and procedures vary from base to base. Get acquainted with the local laws in the area (DWI, speed limits, etc) and procedures on base that may be different from what you are use to.

When checking into the base, you will be assigned to an Indoctrination class as soon as possible. If you are assigned to a squadron, your squadron admin section will assign you to an Indoctrination class.

Most importantly, remember help is just a phone call away. When in doubt - ask. Call your Relocation Counselor any time. If they don't know the answer, they will find out.

<b>Name:</b> Relocation Assistance
<b>POC:</b> Mary Hipkins
<b>Address:</b> Fleet and Family Support Center 400 Foxtrot Ave, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2273
<b>FAX:</b> 207-921-2617
<b>DSN Phone:</b> 476-2273
<b>DSN FAX:</b> 476-2617
<b>E-Mail:</b> hipkins@nasb.navy.mil

## Reporting Procedures

Cross Reference: For traveling to NASB by plane, automobile, or bus, see Category INSTALLATION, Subject Area, MUST KNOW ITEMS.

ARRIVING DURING DUTY HOURS: Your sponsor should escort you and your family (if appropriate) to their lodging and then take you to the Quarterdeck of your command. If you will be



assigned to NAS, you will see the Command Master Chief and go to Manpower for your check in sheet. If you will be assigned to a squadron, you will see your command first and receive instructions and a check in sheet.

**ARRIVING AFTER DUTY HOURS:** Your sponsor should escort you to the place you will stay for the night. Hopefully arrangements have been made with the Navy Lodge or a local hotel if you have a family or if you are single, you can check into the BEQ at any time of the day or night. After a good night's rest, you will be able to follow the same process that is indicated above.

<b>Name:</b> Quarterdeck
<b>Address:</b> Hangar 4
Naval Air Station
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2214
<b>FAX:</b> 207-921-2954
<b>DSN Phone:</b> 476-2214
<b>DSN FAX:</b> 476-2954

## Travel Planning

Be sure that you get a sponsor and stay in contact with them so that they can help you with your travel. The physical process of moving from one location to another can be a semi-holiday or a chaotic series of gas station stops. As you plan your trip, try to limit your daily journey to distances your family can tolerate. It could save you and your family some uncomfortable, restless miles. Confirm your travel reservations before you leave. If you are traveling with pets, be sure that the hotels you've chosen accept pets on the premises. If they don't, you need to make kennel arrangements with each hotel in advance.

Check with your Relocation Counselor at your Fleet and Family Support Center. Many have AUTOMAP programs that will help you plan your travel and locations to make your overnight stays more affordable.

When you're on the road, remember to keep track of mileage and all expenses. Many expenses are tax deductible if you file on a "long" tax form. Keep all receipts. If you don't need them later you can disregard them.

Let each day flow with the daily plan.

Infants have few concerns outside their immediate environment. They take the "cues" from you: are you angry and frustrated, or relaxed and content?

Young children do best when kept on the same eating and sleeping routine.

Elementary school children may be losing their first friends.

Allow for expression of grief in daily decisions.

Hints for traveling with kids:

Young children have a natural wariness of the unknown. Including them in the planning can help allay fears.

Stick to your child's usual bedtime and mealtimes, and read his or her favorite story. Unpack the minute you arrive so everyone feels at home.

Balance your day, making plenty of time for a romp in the park or other relaxing activities. Even when having fun, kids have a limited attention span.

**\*Packing Pointers:** Take one small bag per person. Let each child take only one special toy--or you'll find yourself carrying kid's possessions around the amusement park. Don't forget a first aid kit, with disinfectant, Band-Aids, Tylenol, etc. Tuck in a nylon folding suitcase - great for lugging home your souvenirs or dirty laundry.

Call ahead to confirm hotel services for children such as cribs and cots.

**REMEMBER,** if you take travel advances, you will have to pay them back. Plan accordingly.

<b>Name:</b> Travel Section
<b>Address:</b> Personnel Support Detachment
Bldg 24, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2584
<b>DSN Phone:</b> 476-2584

## Vehicle Ownership

Because different states have different insurance laws, your insurance company will need to know where and when you are moving. In addition to automobile insurance, attention must be given to driver's licenses and auto registration. To avoid penalties, make sure all autos are properly inspected

and registered and that all family members are properly licensed.

Active Duty Drivers and spouses must possess valid Maine driver's licenses and tags if they are residents of the state of Maine. Proof of insurance and a valid title to the car are required. An excise tax, based on the value of the auto, is also collected as well as payment for the license tags. If the Active Duty driver and spouse are valid residents of another state, they must have valid licenses and updated auto tags from their state of residency and valid insurance coverage.

Active Duty members and spouses may get Maine state tags but need to first go to the base legal office for the proper paperwork before obtaining Maine tags. With the proper paperwork, the excise tax will not be paid by the member.

<b>Name:</b> Motor Vehicle Registration
<b>POC:</b> Vehicle Registration and Driver's Licenses
<b>Address:</b> Route 196, Topsham Fair Mall
<b>City:</b> Topsham, ME 04086
<b>Phone:</b> 207-725-6520
<b>WWW Link:</b> <a href="http://www.state.me.us/sos/bmv/licenses/">http://www.state.me.us/sos/bmv/licenses/</a>

## Housing and Billeting

CROSS-REFERENCE: Category, HOUSING, Related Subjects, Community Housing, Government Housing

## Money Matters

The costs associated with PCS orders can be debilitating for even the most solid budget. Though there are reimbursements for costs associated with PCS moves, research demonstrates the average military family reports out of pocket expenses of over \$500.00 and that only one out of every three dollars is reimbursed. Listed below are some of the PCS moving allowances you can plan on to help you budget for your move. Some of these programs or allowances may have changed, so contact your local Personnel Support Detachment to confirm amounts.

**DISLOCATION ALLOWANCE (DLA):** Active duty personnel with family members moving from a permanent duty station are entitled to a dislocation allowance. This is paid to offset the costs of closing on a home and setting up another. This allowance is equal to 2 1/2 months BAQ. DLA is not available to those transferring in the same geographical location unless the Commanding Officer of the base states

that the move was a direct result of the PCS orders (ie: in or out of housing for some reason). DLA may be dispersed at the time of travel, or upon arrival at the gaining command.

**MILEAGE IN LIEU OF TRANSPORTATION (MALT):** Service members receive MALT when they drive to a new assignment. The allowance is computed on federal tables of mileage between the old and new duty stations. Even though the official distance may be longer or shorter than the service member drives, the official distance determines the allowance payable. MALT is also paid to those going overseas if they drive from their stateside location to the port of embarkation for transcontinental plane or ship, or from the port of debarkation to the new duty station. These amounts apply if the travel is concurrent with the transfer.

Single active duty or spouse traveling alone - .15 per mile .....Two family members - .17 per mile .....Three family members - .19 per mile .....Four or more family members - .20 per mile

If pick up or drop off of the car before or after travel, then round trip TAD mileage is paid at \$.31 per mile with no per diem allowance.

These rates apply to spouses authorized to travel alone or with family members, and to sponsors traveling with family members. These rates also apply to travel in a second car when its use is authorized. MALT will be dispersed at the time of travel.

**PER DIEM ALLOWANCE:** Along with DLA and MALT, food and lodging are allotted when making a PCS move. The per diem allowance is paid at a rate of 350 miles per day. Service members receive \$50.00 a day plus \$37.50 a day for their spouse and each family member age twelve and over and \$25.00 a day for family members under the age of twelve. When a spouse travels separately, the spouse receives \$50.00 a day and \$37.50 for each family member twelve years and over and \$25.00 for those under the age of twelve.

**TEMPORARY LODGING EXPENSE ALLOWANCE (TLE):** (INCONUS - In the Continental US) New arrivals at bases are eligible for this allowance to help offset the cost of temporary housing and meals. You are entitled to TLE even if you move into temporary government quarters. The amount of the TLE depends on several factors, including family size, local per diem rate, actual cost

of quarters and whether the quarters provide cooking or dining facilities. A single person gets 65% of the local per diem rate if actual expenses are that much, and a member with one or two family members gets 100% of the local per diem rate if expenses warrant. For each additional family member the per diem rate is raised by 25%. TLE is a 10 day maximum if being reassigned from a CONUS base to a CONUS base or from OCONUS (Outside the Continental US) to CONUS. It is 5 day maximum if going from CONUS to OCONUS. The days allowed can be split up, some at origin and remainder at new station.

**TEMPORARY LIVING ALLOWANCE (TLA):** (OCONUS) TLA is paid in fifteen day increments and usually up to a sixty day limit for those arriving and a ten day limit for those departing overseas.

**ADVANCED PAY:** \*\*Drawing advanced pay should be carefully considered when planning a move. As soon as you get your orders, a spending plan should be developed early enough to save extra money to be used to assist with the moving expenses. Many times advanced pay is spent on other "emergencies" and is not around to assist with moving expenses. In addition, advanced pay is a "dead horse" that automatically reduces your take home pay to use for bills and unforeseen moving expenses. Talk to your Command Financial Specialist prior to drawing advanced pay.\*\*

No more than three months advanced pay may be drawn. The advance is normally repaid in equal installments over twelve months. In certain cases, re-payment can be spread over twenty-four months. Advanced pay is your base pay less standard deductions, i.e. FITW, SITW, FICA, etc., not pay with allowances. If approved by your commanding officer at the new duty station, an advanced housing allowance can be drawn. You must document (lease agreement, utility deposits, etc) that this money will be used for housing costs. Advanced housing allowance is up to three months BAQ and VHA not to exceed actual cost needed. Advanced housing allowance may be re-paid over a twelve month period and in exceptional circumstances, may be re-paid over a longer period. However, if the family vacates that residence, it will be re-paid immediately. REMEMBER, ALL ADVANCED PAY IS TO BE RE-PAID.

<b>Name:</b> Personnel Support Detachment
<b>Address:</b> Bldg 24, NASB
<b>City:</b> Brunswick, ME 04011
<b>Phone:</b> 207-921-2511
<b>FAX:</b> 207-921-2199
<b>DSN Phone:</b> 476-2511
<b>DSN FAX:</b> 476-2199
<b>WWW Link:</b> <a href="http://www.psalant.navy.mil/brunswk.htm">http://www.psalant.navy.mil/brunswk.htm</a>

## At A Glance

### Facility/Services Summary

<i>--Officer and Enlisted Population--</i>			
Active Duty Officer	388	Active Duty Warrant Officer	20
Guard Reserve Officer	0	Guard Reserve Warrant Officer	0
Retired (Officer and Enlisted)	10000	Foreign Service Officers	0
Active Duty Enlisted	2435	Guard Reserve Enlisted	0
Foreign Service Enlisted	0		
<i>--Civilians--</i>			
Civil Service	383	Wage Grade	91
Non-Appropriated Funds	150	Family Members -on and off Installation-	6900
<i>--Family Services--</i>			
Family Centers	1	Teen Centers	0
Child Day Care	1	Family Child Care Certified Homes	30
Total Child Capacity	124	Total Child Capacity	180
Average Waiting List Time -Months-	8		
<i>--Other Services--</i>			
Commissary	1	Exchanges	1
Shoppettes	1	Gas Stations	1
Movie Theaters	0	Banks and Credit Unions	1
McDonalds/Burger King	2	Other i.e. Exchange concessionaires	0

### Housing Summary

<i>--Officer Housing--</i>			
Senior Officer Waiting	6	Senior Officer 3 Bed Room	0
Senior Officer 4 Bed Room	6	Senior Officer Other	0
Company Grade Officer Waiting	0	Company Grade Officer 2 Bed Room	8
Company Grade Officer 3 Bed Room	1	Company Grade Officer 4 Bed Room	9
Company Grade Officer Other	0	BOQ	0
<i>--Enlisted Housing--</i>			
Senior Enlisted Waiting	0	Senior Enlisted 3 Bed Room	6
Senior Enlisted 4 Bed Room	16	Senior Enlisted Other	0
Enlisted Waiting	0	Enlisted 2 Bed Room	16
Enlisted 3 Bed Room	1	Enlisted Other	4
BEQ	278	Transient Lodging Facilities	26

### Education Summary

<i>Name</i>	<i>Numbers</i>
Elementary School	17
Jr High/Middle School	3
High School	3

## Local Community Summary

<i>Type of Housing</i>	<i>Avg.</i>	<i>Low</i>	<i>High</i>
Apartment Rent	555	450	1200
House Rent	750	650	1800
House Price - Single Family	110000		
Townhouse/Condominium Price	126280		

## Medical and Dental Summary

<i>--Medical Facilities--</i>					
Medical Treatment Facilities	N	Number of Beds	0	Medical Clinic	1
Alcohol	Y	Allergy	N	Audiology	Y
Cardiology	N	Coronary care	N	Dermatology	N
Dietary	N	Emergency room	N	Endocrinology	N
Family Practice	Y	General surgery	N	Gynecology	N
HIV Unit	N	Hematology	N	Immunization	Y
Infect Disease	N	Intensive Care	N	Laboratory	Y
Mental Health	N	Neonatal Intensive Care Unit	N	Nuclear Medicine	N
Nephrology	N	Neurology	N	Neurosurgery	N
Obstetrics	N	Oncology	N	Ophthalmology	N
Optometry	Y	Orthopedics	N	Otolaryngology	N
Pathology	N	Pediatrics	Y	Physical Therapy	Y
Podiatry	N	Primary Care	Y	Radiology	Y
Rheumatology	N	Urology	N		
<i>--Dental Facilities--</i>					
Dental Clinics	1	Adolescent	N	Endodontics	Y
General Dentistry	Y	Oral Surgery	Y	Orthodontics	N
Pedodontist	N	Periodontics	Y		

## Relocation and Support Services Summary

<i>--Military Clubs--</i>			
Officers Club	0	Non-Commissioned Officers Club	1
Enlisted Club	0		
<i>--Recreation--</i>			
Arts and Crafts	0	Automobile Hobby Centers	1
Bowling Centers	1	Recreational Centers	1
Libraries	0	Music and Theater Locations	0
<i>--Physical Fitness/Sports--</i>			
9 Hole Golf Courses	1	18 Hole Golf Courses	0
Gyms/Physical Fitness Centers	2	Jogging Paths	1
Tennis Clubs/Courts	2	Tennis Courts - Lighted	1
Swimming Pools - Public	0		
<i>--Nature/Outdoor Activities--</i>			
Outdoor Recreation Centers	1	Campgrounds	0
Fishing Areas	0	Horse Stables	0

## **APPENDIX**

### **Disclaimer**

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